

equate®

Compare to
One A Day®
Women's
Active
Metabolism™†

One Daily™

WOMEN'S PRO-ACTIVE

**Multivitamin/Multimineral
Supplement**

Supports:

- **Metabolism****
- **Physical Energy****
- **Bone & Heart Health****
- **Eye Health****

**50
TABLETS**

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (10% as beta-carotene) 2500 IU	50%	Calcium 300 mg	30%
Vitamin C 60 mg	100%	Iron 18 mg	100%
Vitamin D ₃ 800 IU	200%	Magnesium 50 mg	13%
Vitamin E 22.5 IU	75%	Zinc 15 mg	100%
Vitamin K 25 mcg	31%	Selenium 20 mcg	29%
Thiamin 2.4 mg	160%	Copper 2 mg	100%
Riboflavin 2.7 mg	159%	Manganese 2 mg	100%
Niacin 10 mg	50%	Chromium 120 mcg	100%
Vitamin B ₆ 3.2 mg	160%		
Folate 400 mcg	100%	Guarana (<i>Paullinia cupana</i>)	-
Vitamin B ₁₂ 9.5 mcg	158%	(seed) powder 50 mg	-
Biotin 30 mcg	10%	Caffeine 120 mg	-
Pantothenic Acid 5 mg	50%		

*Daily Value not established.

Ingredients: Calcium Carbonate, Caffeine, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Croscarmellose Sodium, Ferrous Fumarate, Guarana Seed, *d,l*-Alpha Tocopheryl Acetate, Crospovidone, Hydroxypropyl Methylcellulose, Stearic Acid, Zinc Oxide, Silicon Dioxide, Chromium Chloride, Cholecalciferol, Niacinamide, Titanium Dioxide, Magnesium Stearate, Artificial Vanilla Flavor, Retinyl Acetate, Manganese Sulfate Monohydrate, *d*-Calcium Pantothenate, Cupric Sulfate, Polyethylene Glycol, Pyridoxine Hydrochloride, Biotin, Thiamine Mononitrate, Riboflavin, Sodium Selenate, Cyanocobalamin, Beta-Carotene, Phytonadione, Folic Acid, Carnauba Wax, FD&C Yellow No. 5 Lake-Tartrazine, FD&C Blue No. 1 Lake, FD&C Red No. 40 Lake. May contain acacia, ascorbyl palmitate, BHT, corn oil, cornstarch, dicalcium phosphate, *d,l*-alpha tocopherol, gelatin (porcine), glucose, glyceryl triacetate, gum arabic, maltodextrin, medium chain triglycerides, modified food starch, sodium ascorbate, sodium benzoate, sodium chloride, sorbic acid, sucrose, vegetable oil.

Suggested Use: Adults - Take one tablet daily with food as a dietary supplement.

Keep out of the reach of children.

Store at 15°- 30°C (59°- 86°F).

Safety-sealed. Do not use if printed seal under cap is cut, torn or missing.

Warning: Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

Warning: Each tablet contains caffeine equivalent to approximately 2 cups of coffee.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**NO GLUTEN • NO WHEAT • NO LACTOSE
NO TRANS FAT**

(Questions? 1-888-287-1915

Satisfaction guaranteed - for questions or comments please call 1-888-287-1915.

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FRESHNESS AND POTENCY GUARANTEED THROUGH:

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