

DIRECTIONS: Take 1 tablet daily with food as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.
Protect from heat, light and moisture.
Store in a cool, dry place.

DO NOT PURCHASE IF SEAL IS BROKEN.

Made in the U.S.A. from globally sourced ingredients

Caution: Niacin may cause temporary flushing, itching, tingling, feelings of warmth and headache. Contact a physician if these symptoms persist.

ITEM 078 TC 3104301002




WINDMILL®
COMPARABLES™

DAILY ONE

FOR WOMEN

Multivitamin & Mineral Formula

Compare to
One A Day® Women's†

DIETARY SUPPLEMENT

100 TABLETS

NO

**SUGAR, YEAST,
WHEAT, MILK,
ARTIFICIAL COLORS,
FLAVORS OR
PRESERVATIVES**

– Gluten Free –

For more info,
visit us at
www.windmillvitamins.com

S U P P L E M E N T F A C T S

Serving Size: 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (100% as natural beta-carotene)	700 mcg	78%
Vitamin C (as ascorbic acid)	75 mg	83%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as natural d-alpha-tocopheryl succinate)	7.5 mg	50%
Vitamin K (as phytonadione)	25 mcg	21%
Thiamin (as thiamin mononitrate)	1.2 mg	100%
Riboflavin	1.3 mg	100%
Niacin	16 mg NE	100%
Vitamin B6 (as pyridoxine HCl)	1.7 mg	100%
Folate	667 mcg DFE	167%
Vitamin B12 (as cyanocobalamin)	6 mcg	250%
Biotin	1,000 mcg	3,333%
Pantothenic acid (as D-calcium pantothenate)	5 mg	100%
Calcium (as calcium carbonate)	380 mg	29%
Iron (as ferrous fumarate) †	18 mg	100%
Iodine (as potassium iodide)	150 mcg	100%
Zinc (as zinc citrate)	8 mg	73%
Selenium (as selenomethionine)	27.5 mcg	50%
Copper (as copper gluconate)	0.9 mg	100%
Manganese (as manganese gluconate)	1.8 mg	78%
Chromium (as chromium nicotinate glycinate chelate)	25 mcg	71%

Other Ingredients: Dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, silica and film coat (hypromellose, glycerine, talc, carnauba wax)

†One A Day® Women's is a registered trademark of Bayer Healthcare, LLC Consumer Care, Morristown NJ.

#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.

Distributed by:
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10 Henderson Drive, West Caldwell, NJ 07006