



An active lifestyle may need energy support. **One A Day® Energy** can help. It's designed with B-Vitamins[†] which help convert food to energy, and caffeine[‡] to help support mental alertness.*

Directions: Adults: One tablet daily, with food.

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value
Vitamin A (40% as beta-carotene)	3500 IU	70%
Vitamin C	60 mg	100%
Vitamin D	400 IU	100%
Vitamin E	22.5 IU	75%
Vitamin K	25 mcg	31%
Thiamin (B ₁)	3 mg	200%
Riboflavin (B ₂)	3.4 mg	200%
Niacin	40 mg	200%
Vitamin B ₆	4 mg	200%
Folic Acid	400 mcg	100%
Vitamin B ₁₂	12 mcg	200%
Biotin	300 mcg	100%
Pantothenic Acid	10 mg	100%
Calcium (elemental)	250 mg	25%
Iron	9 mg	50%
Iodine	150 mcg	100%
Magnesium	40 mg	10%
Zinc	15 mg	100%
Selenium	45 mcg	64%
Copper	2 mg	100%
Manganese	2 mg	100%
Chromium	100 mcg	83%
Molybdenum	25 mcg	33%
Chloride	99.3 mg	3%
Potassium	99 mg	3%
Nickel	5 mcg	*
Tin	10 mcg	*
Silicon	5 mg	*
Caffeine	90 mg	*

* Daily Value not established.

INGREDIENTS: Calcium Carbonate, Potassium Chloride, Microcrystalline Cellulose, Guarana Seed Powder, Caffeine, Magnesium Oxide, Ascorbic Acid, Niacinamide; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Croscarmellose Sodium, Crospovidone, Cupric Oxide, Cyanocobalamin, D-Calcium Pantothenate, dl-Alpha-Tocopheryl Acetate, FD&C Blue #1 Lake, FD&C Yellow #5 (tartrazine) Lake, Ferrous Fumarate, Folic Acid, Hydroxypropyl Methylcellulose, Manganese Sulfate, Nickel Sulfate, Phytonadione, Polyethylene Glycol, Polysorbate 80, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Molybdate, Sodium Selenite, Stannous Chloride, Stearic Acid, Thiamine Mononitrate, Titanium Dioxide (color), Vitamin A Acetate, Zinc Oxide.

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.

This product contains about as much caffeine as a cup of coffee (90 mg).

If pregnant or breast-feeding, ask a health professional before use.

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP

Contact Information –

Questions or comments?

Please call 1-800-800-4793 (Mon-Fri 9AM – 5PM EST)