

Puritan's Pride

Women's One Daily Multivitamins

100 Caplets / Item #019092



Supplement Facts

Serving Size 1 Caplet

Amount Per Serving

	% Daily Value
Vitamin A (as Retinyl Acetate and Beta-Carotene)	2,500 IU 50%
Vitamin C (as Ascorbic Acid)	60 mg 100%
Vitamin D (as Cholecalciferol)	1000 IU 250%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	22.5 IU 75%
Vitamin K (as Phytanadione)	25 mcg 31%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg 100%
Riboflavin (Vitamin B-2)	1.7 mg 100%
Niacin (as Niacinamide)	10 mg 50%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg 100%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg 100%
Biotin (as d-Biotin)	30 mcg 10%
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg 50%
Calcium (as Calcium Carbonate)	550 mg 50%
Iron	18 mg 100%