

GREAT FORMULA

BOTTLED AND PACKAGED IN THE USA

NEW LOOK, SAME GREAT FORMULA

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NEW LOOK, SAME

Twinlab® Daily One Caps® without Iron contains 25 vitamins and minerals to support overall wellness. Vitamin A is necessary for healthy vision while the key B vitamins support cognitive function.[§]

Keep tightly closed in a cool, dry place.

WARNING: If you are pregnant or nursing, taking any medication, or have any medical condition, consult a health care professional before use.

KEEP OUT OF REACH OF CHILDREN.

No artificial colors, flavors, or preservatives added.

[§]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Best if used by date shown on bottle.

DISTRIBUTED BY TWINLAB CORPORATION

BOCA RATON, FL 33431 U.S.A

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FloraGLO® is a registered trademark of Kemin Industries, Inc.

MULTIVITAMIN
SUPPLEMENT

TWINLAB®

daily one caps®

high potency stress & energy formula[§]
memory and eye support[§]

TWIN
LAB 50
TRUSTED FOR
50 YEARS

WITHOUT
IRON

180
CAPSULES

DIRECTIONS: Take one capsule daily after a meal.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as 40% beta carotene and retinyl palmitate)	3000 mcg RAE 333%	Iodine (as potassium iodide)	150 mcg 100%
Vitamin C (as ascorbic acid)	150 mg 167%	Magnesium (as magnesium oxide and magnesium aspartate)	7.2 mg 2%
Vitamin D (as cholecalciferol)	10 mcg 50%	Zinc (as zinc picolinate)	15 mg 136%
Vitamin E (as d-alpha tocopheryl acid succinate)	67 mg 447%	Selenium (as sodium selenate)	200 mcg 364%
Thiamin (as thiamine mononitrate)	25 mg 2083%	Copper (as copper gluconate)	2 mg 222%
Riboflavin	25 mg 1923%	Manganese (as manganese gluconate)	5 mg 217%
Niacin (as niacinamide)	100 mg NE 625%	Chromium (as chromium chloride)	200 mcg 571%
Vitamin B6 (as pyridoxine hydrochloride)	25 mg 1471%	Molybdenum (as sodium molybdate)	150 mcg 333%
Folate (800 mcg Folic Acid)	1333 mcg DFE 333%	Choline (as choline bitartrate)	10 mg 2%
Vitamin B12 (as cyanocobalamin)	100 mcg 4167%	Inositol	10 mg †
Biotin	300 mcg 1000%	FloraGLO® Lutein	500 mcg †
Pantothenic Acid (as d-calcium pantothenate)	50 mg 1000%		
Calcium (as calcium carbonate and calcium citrate)	25 mg 2%		

†Daily Value (DV) not established.

Other Ingredients: Gelatin. **Contains 2% or less of:** Alginate acid, croscarmellose sodium, potassium citrate, soy lecithin, medium chain triglycerides, magnesium silicate, vegetable stearic acid, silica, magnesium stearate, potassium aspartate. **Contains Soy.**