

ONE A DAY®

MULTIVITAMIN/MULTIMINERAL
SUPPLEMENT

WOMEN'S
**Active
Metabolism**

50
TABLETS



Directions: Adults: One tablet daily, with food.

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value
Vitamin A (10% as beta-carotene)	750 mcg	83%
Vitamin C	60 mg	67%
Vitamin D	20 mcg (800 IU)	100%
Vitamin E	10.1 mg	67%
Vitamin K	25 mcg	21%
Thiamin (B ₁)	2.4 mg	200%
Riboflavin (B ₂)	2.7 mg	208%
Niacin	10 mg	63%
Vitamin B ₆	3.2 mg	188%
Folate	665 mcg DFE (400 mcg folic acid)	166%
Vitamin B ₁₂	9 mcg	375%
Biotin	30 mcg	100%
Pantothenic Acid	5 mg	100%
Calcium	300 mg	23%
Iron	18 mg	100%
Magnesium	50 mg	12%
Zinc	15 mg	136%
Selenium	20 mcg	36%
Copper	2 mg	222%
Manganese	2 mg	87%
Chromium	120 mcg	343%
Caffeine	120 mg	*

*Daily Value not established.

Ingredients: Calcium Carbonate, Microcrystalline Cellulose, Caffeine, Magnesium Oxide, Ascorbic Acid, Ferrous Fumarate, Maltodextrin, Croscarmellose Sodium; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Copper Sulfate, Cyanocobalamin, D-Calcium Pantothenate, dl-Alpha-Tocopheryl Acetate, FD&C Blue #1 Aluminum Lake, FD&C Red #40 Aluminum Lake, FD&C Yellow #5 (tartrazine) Aluminum Lake, Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Manganese Sulfate, Niacinamide, Phylloquinone, Polyethylene Glycol, Polyvinylpyrrolidone, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Selenite, 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 (120 mg). Consider total daily intake of caffeine from all sources while using this product.

If pregnant, breast-feeding, taking medication, or have any medical condition ask a health professional before use.

For Adult Use Only

This product is not intended/recommended for children less than 18 years of age or those sensitive to caffeine.

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP

Do not exceed recommended intake

†With B Vitamins to help convert food to fuel

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Questions or comments?

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

Store at room temperature. Avoid excessive heat above 40°C (104°F).

Do not use if printed safety seal bearing "Bayer HealthCare" under cap is torn or missing.

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