

Compare to One A Day® Women's*

women's daily multivitamin

multivitamin and multimineral formula

up&up

may help support:

- bone health**
- heart health**
- immune health**
- healthy hair, skin & nails**

100 TABLETS DIETARY SUPPLEMENT

**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.

100
TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin A 700 mcg (10% as beta-carotene)	78%
Vitamin C 75 mg	83%
Vitamin D3 25 mcg (1000 IU)	125%
Vitamin E 7.5 mg	50%
Vitamin K 25 mcg	21%
Thiamin 1.2 mg	100%
Riboflavin 1.3 mg	100%
Niacin 16 mg	100%
Vitamin B6 1.7 mg	100%
Folate 680 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 6 mcg	250%
Biotin 1000 mcg	3333%
Pantothenic Acid 5 mg	100%
Calcium 380 mg	29%
Iron 18 mg	100%
Iodine 150 mcg	100%
Zinc 8 mg	73%
Selenium 27.5 mcg	50%
Copper 0.9 mg	100%
Manganese 1.8 mg	78%
Chromium 25 mcg	71%

Ingredients: Calcium Carbonate, Microcrystalline Cellulose, Ascorbic Acid, Croscarmellose Sodium, Ferrous Fumarate, Maltodextrin. Contains 2% or less of beta-carotene, biotin, calcium silicate, carnauba wax, cholecalciferol, chromium chloride, cupric oxide, cyanocobalamin, D-calcium pantothenate, dextrin, dextrose, d-alpha-tocopheryl acetate, FD&C blue no. 2 lake, FD&C yellow no. 5 lake - tartrazine, FD&C yellow no. 6 lake, folic acid, hydroxypropyl methylcellulose, magnesium stearate, manganese sulfate, niacinamide, phytonadione, polyethylene glycol, potassium iodide, pyridoxine hydrochloride, retinyl acetate, riboflavin, silica, sodium selenate, stearic acid, titanium mononitrate, titanium dioxide (color), zinc oxide.

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Questions? Call 1-800-910-6874

CONTAINS FD&C YELLOW #5 LAKE-TARTRAZINE AS A COLOR ADDITIVE.

Suggested Use: Adults, take one tablet daily with food as a dietary supplement.

CAUTION: Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

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.

KEEP OUT OF THE REACH OF CHILDREN. Store at 15°- 30°C (59°- 86°F).

NO ARTIFICIAL FLAVORS • NO GLUTEN • NO LACTOSE

DO NOT USE IF PRINTED SEAL UNDER CAP IS BROKEN OR MISSING.

*One A Day® is a registered trademark of Bayer HealthCare LLC.
Tablet color may vary.

FRESHNESS AND POTENCY
GUARANTEED THROUGH:

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