

DIRECTIONS: For adult women, take one (1) caplet daily, preferably with a meal.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure, have any medical condition, or are planning to undergo any clinical lab testing consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

*One A Day® is a registered trademark of Bayer Healthcare LLC. This product is not manufactured, distributed or marketed by Bayer Healthcare LLC or its affiliates.



WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

TO REORDER ITEM # 19092
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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 **Puritan's Pride**

ONE DAILY

WOMEN'S MULTIVITAMIN

**COMPARE TO ONE A DAY®
WOMEN'S***

**100 COATED
CAPLETS**

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving		%Daily Value
Vitamin A (as Vitamin A Acetate and 20% as Beta-Carotene)	750 mcg	83%
Vitamin C (as Ascorbic Acid)	60 mg	67%
Vitamin D (as D3 Cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	10.1 mg	67%
Vitamin K (as Phytonadione)	25 mcg	21%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg	125%
Riboflavin (Vitamin B-2)	1.7 mg	131%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	118%
Folate	666 mcg DFE (400 mcg folic acid)	167%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	250%
Biotin (as d-Biotin)	300 mcg	1,000%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	200%
Calcium (as Calcium Carbonate)	500 mg	38%
Iron (as Ferrous Fumarate)	18 mg	100%
Iodine (as Potassium Iodide)	150 mcg	100%
Zinc (as Zinc Oxide)	15 mg	136%
Selenium (as Sodium Selenate)	20 mcg	36%
Copper (as Cupric Oxide)	2 mg	222%
Manganese (as Manganese Sulfate)	2 mg	87%
Chromium (as Chromium Chloride)	120 mcg	343%

Other Ingredients: Vegetable Cellulose. Contains <2% of: Crospovidone, FD&C Blue No. 2 Lake, FD&C Yellow No. 5 Lake, FD&C Yellow No. 6 Lake, Gelatin, Silica, Starch, Titanium Dioxide Color, Vegetable Magnesium Stearate. Contains fish (cod, cusk, flounder, haddock, hake, pollock, redfish, sole) ingredients.