

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 REACH OF CHILDREN

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

For Adult Use Only Not for children

Do not exceed recommended intake

CHILD RESISTANT CAP

Do not use if foil seal is torn or missing.

Store at room temperature. Avoid excessive heat.

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

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ONE **A** DAY®

WOMEN'S
DAILY
ESSENTIALS

Formulated with Key Nutrients to Support:*

Hair, Skin & Nails, Bone, Immune & Heart Health[†]
and Healthy Muscle Function



multivitamin/multimineral supplement



150 Tablets

†Not a replacement for heart medications

*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.

Directions: Adults: Take one tablet daily, with food.

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (5% as beta-carotene)	660 mcg	73%	Vitamin B ₁₂	6 mcg	250%
Vitamin C	75 mg	83%	Biotin	1000 mcg	3333%
Vitamin D	25 mcg (1000 IU)	125%	Pantothenic Acid	5 mg	100%
Vitamin E	3.4 mg	23%	Calcium	380 mg	29%
Vitamin K	25 mcg	21%	Iron	18 mg	100%
Thiamin (B ₁)	1.2 mg	100%	Iodine	150 mcg	100%
Riboflavin (B ₂)	1.3 mg	100%	Zinc	8 mg	73%
Niacin	16 mg	100%	Selenium	27 mcg	49%
Vitamin B ₆	1.7 mg	100%	Copper	0.9 mg	100%
Folate	665 mcg DFE (400 mcg folic acid)	166%	Manganese	1.8 mg	78%
			Chromium	25 mcg	71%

Ingredients: Calcium Carbonate, Microcrystalline Cellulose, Dicalcium Phosphate, Ascorbic Acid, Ferrous Fumarate, Croscarmellose Sodium; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Citric Acid, Cupric Oxide, Cyanocobalamin, D-Calcium Pantothenate, dl-Alpha-Tocopheryl Acetate, FD&C Yellow #5 (tartrazine) Aluminum Lake, FD&C Yellow #6 Aluminum Lake, Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Magnesium Stearate, Manganese Sulfate, Niacinamide, Phylloquinone, Polyvinylpyrrolidone, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Lauryl Sulfate, Sodium Selenite, Stearic Acid, Talc, Thiamine Mononitrate, Titanium Dioxide (color), Triacetin, Vitamin A Acetate, White Mineral Oil, Zinc Oxide.