

With 100% Daily Value
of all 8 B-Vitamins†

ONE A DAY[®]
women's

MULTIVITAMIN/MULTIMINERAL
SUPPLEMENT

**WOMEN'S
FORMULA**

Complete Multivitamin with More
Formulated to Support:*

- Bone Strength • Heart Health††
- Immunity • Healthy Skin

200 TABLETS



*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: One tablet daily, with food.

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value
Vitamin A (20% as beta-carotene)	2500 IU	50%
Vitamin C	60 mg	100%
Vitamin D (as Vitamin D ₃)	1000 IU	250%
Vitamin E	22.5 IU	75%
Vitamin K	25 mcg	31%
Thiamin (B ₁)	1.5 mg	100%
Riboflavin (B ₂)	1.7 mg	100%
Niacin	↑ 20 mg	100%
Vitamin B ₆	2 mg	100%
Folic Acid	400 mcg	100%

	Amount Per Serving	% Daily Value
Vitamin B ₁₂	6 mcg	100%
Biotin	↑ 300 mcg	100%
Pantothenic Acid	↑ 10 mg	100%
Calcium (elemental)	500 mg	50%
Iron	18 mg	100%
Iodine	+ 150 mcg	100%
Zinc	15 mg	100%
Selenium	20 mcg	29%
Copper	2 mg	100%
Manganese	2 mg	100%
Chromium	120 mcg	100%

INGREDIENTS: Calcium Carbonate, Microcrystalline Cellulose, Ascorbic Acid, Ferrous Fumarate; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Croscarmellose Sodium, Cupric Oxide, Cyanocobalamin, D-Calcium Pantothenate, dl-Alpha-Tocopheryl Acetate, FD&C Blue #2 Lake, FD&C Yellow #5 (tartrazine) Lake, FD&C Yellow #6 Lake, Folic Acid, Hydroxypropyl Methylcellulose, Magnesium Oxide, Manganese Sulfate, Niacinamide, Phytonadione, Polyethylene Glycol, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Selenite, Stearic Acid, Thiamine Mononitrate, Titanium Dioxide (color), Vitamin A Acetate, Zinc Oxide.

†† Not a replacement for heart medications.

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
CHILD RESISTANT CAP**

†Refers to Daily Values for Vitamins B₁, B₂, B₆, B₁₂, Niacin, Folic Acid, Biotin and Pantothenic Acid.

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

Does not contain aspirin.

Questions or comments?

Please call 1-800-800-4793 (Mon-Fri 9-5 EST)

Visit our website at www.oneaday.com

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EXPIRATION DATE:

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