



One Daily Women's

**multivitamin • multimineral
2000 IU vitamin D3**

immune^y

energy production^y

cardiovascular^y

60 Tablets • Dietary Supplement

**gluten
free**

**dairy
free**

**nut
free**

actual size

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	5000 IU	100%
Vitamin C (as ascorbic acid)	100 mg	167%
Vitamin D3 (as cholecalciferol)	2000 IU	500%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU	100%
Vitamin K (as phytonadione)	45 mcg	56%
Thiamin (Vitamin B1) (as thiamin mononitrate)	20 mg	1333%
Riboflavin (Vitamin B2)	20 mg	1176%
Niacin (Vitamin B3)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	20 mg	1000%
Folic Acid	800 mcg	200%
Vitamin B12 (as cyanocobalamin)	100 mcg	1667%
Biotin	600 mcg	200%
Pantothenic Acid (as d-calcium pantothenate)	20 mg	200%
Calcium (as calcium carbonate)	200 mg	20%
Iron	10 mg	56%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc sulfate)	15 mg	100%
Selenium (as amino acid chelate)	100 mcg	143%

	Amount Per Serving	% Daily Value
Copper (as copper sulfate)	1 mg	50%
Manganese (as manganese sulfate)	5 mg	250%
Chromium (as chromium picolinate)	120 mcg	100%
Molybdenum (as amino acid chelate)	75 mcg	100%
Potassium (as potassium chloride)	75 mg	2%
Boron (as boron citrate)	1 mg	*
Lutein	250 mcg	*
Cranberry Concentrate 10:1 (<i>Vaccinium oxycoccus macrocarpon</i>)(fruit)	160 mg	*
Choline (as choline bitartrate)	25 mg	*
Antioxidant Health Blend 8.33 mg Trans Resveratrol 8.33 mg <i>Rhodiola rosea</i> Extract (root) 8.33 mg Coenzyme Q10	25 mg	*
Inositol	25 mg	*
Citrus Bioflavonoids (citrus spp.)(peel)	25 mg	*
Lycopene (from tomato extract)	350 mcg	*
Black Pepper Extract (fruit)	5 mg	*

*Daily Value not established.

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, silicon dioxide, magnesium stearate, hypromellose, titanium dioxide, glycerin, red cabbage, carnauba wax, pharmaceutical glaze.

Contains: Soy

Does not contain: Yeast, Wheat, Gluten, Salt, Dairy, Fish, Preservatives, Artificial Colors or Flavors.

DIRECTIONS: As a dietary supplement, take one (1) tablet daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

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.

STORE IN A COOL,
DRY PLACE.
KEEP OUT OF
REACH OF CHILDREN.

TAMPER evident
Do not use if outer seal
is broken or missing.

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Item No.
VS-3117
1809227