



# One Daily Women's

**multivitamin • multimineral  
2000 IU vitamin D3**

**immune<sup>v</sup>**

**energy production<sup>v</sup>**

**cardiovascular<sup>v</sup>**

**180 Tablets • Dietary Supplement**

**gluten  
free**

**dairy  
free**

**nut  
free**

actual size

## Supplement Facts

Serving Size 1 Tablet

|                                                  | Amount<br>Per Serving | % Daily<br>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<br>(as d-alpha tocopheryl succinate)   | 30 IU                 | 100%             |
| Vitamin K (as phytonadione)                      | 45 mcg                | 56%              |
| Thiamin (Vitamin B1)<br>(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<br>(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%             |
| 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%               |

|                                                                                 | Amount<br>Per Serving | % Daily<br>Value |
|---------------------------------------------------------------------------------|-----------------------|------------------|
| Boron (as boron citrate)                                                        | 1 mg                  | *                |
| Lutein                                                                          | 250 mcg               | *                |
| Cranberry Concentrate 10:1<br>( <i>Vaccinium oxycoccus macrocarpon</i> )(fruit) | 160 mg                | *                |
| Choline (as choline bitartrate)                                                 | 25 mg                 | *                |
| <b>Antioxidant Health Blend</b>                                                 | 25 mg                 | *                |
| 8.33 mg Trans Resveratrol                                                       |                       |                  |
| 8.33 mg <i>Rhodiola rosea</i> Extract (root)                                    |                       |                  |
| 8.33 mg Coenzyme Q10                                                            |                       |                  |
| Inositol                                                                        | 25 mg                 | *                |
| Citrus Bioflavonoids<br>(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.

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

**Contains:** Soy

**▼ 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.**

**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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