

ITEM #70

TC #20761002

DIRECTIONS: Take one tablet daily as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.

Protect from heat, light and moisture.

Store at 15-30C (59-86F).

DO NOT PURCHASE IF SEAL IS BROKEN.

† One A Day is a registered trademark of Miles Inc., Elkhart, IN 46515



SAFETY SEALED FOR YOUR PROTECTION.

WINDMILL

Daily-Vitamin with Iron and BETA-CAROTENE

**NO
COLOR
ADDED**

COMPARE TO ONE A DAY ESSENTIAL®†

**DIETARY SUPPLEMENT
100 TABLETS**

NO sugar, starch, yeast, wheat, milk,
artificial colors, flavors or preservatives

Supplement Facts

Serving Size: 1 tablet

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate & 8% as beta-carotene)	5,000 IU	100
Vitamin C (as ascorbic acid)	60 mg	100
Vitamin D (as cholecalciferol)	400 IU	100
Vitamin E (as dl-alpha-tocopheryl acetate)	30 IU	100
Vitamin B1 (as thiamin mononitrate)	1.5 mg	100
Vitamin B2 (as riboflavin)	1.7 mg	100
Niacin (as niacinamide)	20 mg	100
Vitamin B6 (as pyridoxine HCl)	2 mg	100
Folate (as folic acid)	400 mcg	100
Vitamin B12 (as cyanocobalamin)	6 mcg	100
Pantothenic acid (as D-calcium pantothenate)	10 mg	100
Iron (as ferrous fumarate)†	18 mg	100

Other Ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, silica, magnesium stearate and pharmaceutical glaze.

† **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.

**Manufactured by Windmill™ Health Products
West Caldwell, NJ 07006**