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One A Day®
50 Plus Formula†

high potency
one daily™
50 plus
dietary supplement

80 tablets



USP has tested and verified ingredients, potency, and manufacturing process. USP sets official standards for dietary supplements. See www.uspverified.org

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV	Each Tablet Contains	% DV
Vitamin A 2500 I.U.	50%	Pantothenic Acid 15 mg	150%
(20% as Beta Carotene)		Calcium 120 mg	12%
Vitamin C 120 mg	200%	Iodine 150 mcg	100%
Vitamin D 400 I.U.	100%	Magnesium 100 mg	25%
Vitamin E 33 I.U.	110%	Zinc 22.5 mg	150%
Vitamin K 20 mcg	25%	Selenium 105 mcg	150%
Thiamin (Vit. B1) 4.5 mg	300%	Copper 2 mg	100%
Riboflavin (Vit. B2) 3.4 mg	200%	Manganese 4 mg	200%
Niacin 20 mg	100%	Chromium 180 mcg	150%
Vitamin B6 6 mg	300%	Molybdenum 90 mcg	120%
Folic Acid 400 mcg	100%	Chloride 34 mg	1%
Vitamin B12 25 mcg	417%	Potassium 37.5 mg	1%
Biotin 30 mcg	10%		

INGREDIENTS: Calcium Carbonate, Cellulose, Magnesium Oxide, Ascorbic Acid, Potassium Chloride, Corn Starch, Dicalcium Phosphate, d-Alpha Tocopheryl Acetate, Zinc Oxide, Croscarmellose Sodium, Niacinamide, d-Calcium Pantothenate, Hypromellose, Dextrin, Stearic Acid, Silicon Dioxide, Manganese Sulfate, Titanium Dioxide, Crospovidone, Maltodextrin, Acacia, Pyridoxine Hydrochloride, Magnesium Stearate, Gelatin, Cupric Sulfate, Thiamine Mononitrate, Polyethylene Glycol, Riboflavin, Glucose, Soy Lecithin, Chromium Chloride, Vitamin A Acetate, Yellow 6 Lake, Folic Acid, Dextrose, Beta Carotene, Sodium Selenate, Sodium Molybdate, Yellow 5 Lake, Potassium Iodide, Biotin, Blue 2 Lake, Cyanocobalamin, Phytonadone, Cholecalciferol, Tricalcium Phosphate.

Distributed by Albertsons, Inc., Boise, Idaho 83726

Suggested use: Take one tablet daily with a full glass of water, preferably after a meal.

Keep out of the reach of children.

Keep in a cool dry place, tightly closed.

Oil- and Water-soluble Vitamins with Minerals Tablets USP.

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FRESHNESS AND POTENCY GUARANTEED THROUGH:

