

COMPARE TO ONE A DAY® ESSENTIAL INGREDIENTS* 49348-101-19

multiple vitamins

Essential



Complete high potency vitamin supplement **DIETARY SUPPLEMENT**

MULTIVITAMIN SUPPLEMENT

250 TABLETS

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

Supplement Facts

Each Tablet Contains	% DV	Each Tablet Contains	% DV
Vitamin A 3000 IU	60%	Riboflavin (Vit. B2) 1.7 mg	100%
(17% as Beta Carotene)		Niacin 20 mg	100%
Vitamin C 60 mg	100%	Vitamin B6 2 mg	100%
Vitamin D 400 IU	100%	Folic Acid 400 mcg	100%
Vitamin E 30 IU		Vitamin B12 6 mcg	100%
Thiamin (Vit. B1) 1.5 mg	100%	Pantothenic Acid 10 mg	1009

INGREDIENTS: Calcium Carbonate. Ascorbic Acid, Gelatin, dl-Alpha Tocopheryl Acetate, Niacinamide, Cellulose, d-Calcium Pantothenate, Croscarmellose Sodium, Silicon Dioxide, Acacia, Dextrin, Hypromellose, Crospovidone, Corn Starch, Stearic Acid, Pyridoxine Hydrochloride, Polyethylene Glycol, Red 40 Lake, Magnesium Stearate, Riboflavin, Thiamine Mononitrate, Vitamin A Acetate, Dextrose, Resin, Titanium Dioxide, Soy Lecithin, Folic Acid, Beta Carotene, Blue 2 Lake, Ergocalciferol, Cyanocobalamin.

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

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