

PL455

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

Coated Tablet, Easier To Swallow



ACTUAL SIZE

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Longs
WELLNESS

Compare to One A Day®
Women's FormulaTM

One DailyTM

Women's
with Calcium, Iron & Zinc

Advanced Vitamin and Mineral
Supplement for Women

Dietary Supplement

100 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%	Vitamin B6 2 mg.....	100%
(20% as Beta Carotene)		Folic Acid 400 mcg.....	100%
Vitamin C 60 mg	100%	Vitamin B12 6 mcg.....	100%
Vitamin D 400 I.U.	100%	Pantothenic Acid 5 mg	50%
Vitamin E 30 I.U.	100%	Calcium 450 mg	45%
Thiamin (Vit. B1) 1.5 mg	100%	Iron 18 mg	100%
Riboflavin (Vit. B2) 1.7 mg	100%	Magnesium 50 mg	13%
Niacin 10 mg	50%	Zinc 15 mg.....	100%

INGREDIENTS: Calcium Carbonate, Cellulose, Magnesium Oxide, Ascorbic Acid, Ferrous Fumarate, Corn Starch, Maltodextrin, dl-Alpha Tocopheryl Acetate, Croscarmellose Sodium, Acacia, Zinc Oxide, Magnesium Stearate, Titanium Dioxide, Dextrin, Hypromellose, Niacinamide, d-Calcium Pantothenate, Gelatin, Polyethylene Glycol, Silicon Dioxide, Dextrose, Pyridoxine Hydrochloride, Soy Lecithin, Riboflavin, Thiamine Mononitrate, Vitamin A Acetate, Dicalcium Phosphate, Folic Acid, Yellow 5 Lake, Beta Carotene, Yellow 6 Lake, Blue 2 Lake, Cholecalciferol, Cyanocobalamin.

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

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.

KEEP IN A COOL DRY PLACE, TIGHTLY CLOSED.



If you are not completely satisfied with this product, simply return the unused portion for a full refund. Distributed by Longs Drugs Walnut Creek, CA 94596. For further information contact 1-800-TO-LONGS or Longs.com ■■■

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FRESHNESS AND POTENCY GUARANTEED THROUGH: