

PL589

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

Coated Tablet
Easier To Swallow



ACTUAL SIZE

†One A Day® is a registered trademark of Bayer Healthcare LLC, Pittsburgh, PA 15205 which does not manufacture, distribute or license this product.

Longs
WELLNESS

**Compare to One A Day®
Women's Formula**

One Daily™

Women's with Calcium, Iron & Zinc

Advanced Vitamin and Mineral
Supplement for Women

Dietary Supplement

200 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
Vitamin A 2500 I.U. (20% as Beta Carotene)	50%
Vitamin C 60 mg	100%
Vitamin D 400 I.U.	100%
Vitamin E 30 I.U.	100%
Thiamin (Vit. B1) 1.5 mg	100%
Riboflavin (Vit. B2) 1.7 mg	100%
Niacin 10 mg	50%
Vitamin B6 2 mg	100%
Folic Acid 400 mcg	100%
Vitamin B12 6 mcg	100%
Pantothenic Acid 5 mg	50%
Calcium 450 mg	45%
Iron 18 mg	100%
Magnesium 50 mg	13%
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.



Distributed by Longs Drugs, Walnut Creek, CA 94596. For further information contact 1-800-TO-LONGS or Longs.com

LNG58757EB06

FRESHNESS AND POTENCY GUARANTEED THROUGH: