



Compare to the ingredients of One A Day®
Women's 50+ Healthy Advantage

50+ Advanced

One Daily

Women's 50+ Advanced

MULTIVITAMIN/
MULTIMINERAL
SUPPLEMENT

More of 7
antioxidants†

65 TABLETS



Directions: Adults: Take one tablet daily, with food.

Do not use if printed seal under cap is broken or missing

Supplement Facts

Serving Size: One tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A 3500 IU (20% as beta-carotene)	70%	Vitamin B6 6 mg	300%	Magnesium 50 mg	13%
Vitamin C 120 mg	200%	Folic Acid 400 mcg	100%	Zinc 24 mg	160%
Vitamin D 1000 IU	250%	Vitamin B12 25 mcg	417%	Selenium 27 mcg	39%
Vitamin E 30 IU	100%	Biotin 30 mcg	10%	Copper 2.2 mg	110%
Vitamin K 20 mcg	25%	Pantothenic Acid 15 mg	150%	Manganese 4.2 mg	210%
Thiamin 4.5 mg	300%	Calcium (elemental) 500 mg	50%	Chromium 180 mcg	150%
Riboflavin 3.4 mg	200%	Iodine 150 mcg	100%	Molybdenum 90 mcg	120%
Niacin 20 mg	100%				

Ingredients: Calcium Carbonate, Dicalcium Phosphate, Ascorbic Acid, Magnesium Oxide, Microcrystalline Cellulose, Croscarmellose Sodium, di-Alpha Tocopheryl Acetate, Polyvinyl Alcohol, Zinc Oxide, Stearic Acid, Niacinamide, Calcium Pantothenate, Titanium Dioxide Color, Polyethylene Glycol, Manganese Sulfate, Silicon Dioxide, Talc, Magnesium Stearate, Crospovidone, Pyridoxine Hydrochloride, Thiamine Mononitrate, Cupric Sulfate, Riboflavin, Vitamin A Acetate, FD&C Yellow #6 Aluminum Lake, Chromium Chloride, FD&C Yellow #5 Aluminum Lake, Folic Acid, Beta-Carotene, Potassium Iodide, Sodium Molybdate, Sodium Selenate, FD&C Blue #2 Aluminum Lake, Biotin, Cholecalciferol, Phytonadione, Cyanocobalamin.

Caution: If you are taking any medication or have a medical condition, consult a doctor before taking this product. If you are pregnant or nursing a baby, ask a doctor before using this product.

Keep out of reach of children.

Store in a dry place at room temperature (59°F-86°F).

†With 20% DV more vitamin A (3500 IU vs. 2500 IU), 100% DV more vitamin C (120 mg vs. 60 mg), 25% DV more vitamin E (30 IU vs. 22.5 IU), 10% DV more zinc (24 mg vs. 22.5 mg), 10% DV more selenium (27 mcg vs. 20 mcg), 10% DV more copper (2.2 mg vs. 2 mg), and 10% DV more manganese (4.2 mg vs. 4 mg) than previous formula.

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