ONE A DAY® Energy

Complete Multivitamin Plus More† to Support:*

- Physical Energy
- Mental Alertness
- Healthy Immune System
- Heart Health

†Compared to One A Day® Essential

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

ONE A DAY® Energy

Complete Multivitamin Plus More† to Support:*

- Physical Energy by Converting Food to Fuel with B-Vitamins
- Mental Alertness with a unique Guarana Blend
- Healthy Immune System with Vitamins C, A, Selenium and Zinc
- Healthy Heart with Vitamins B6, B12, C, E and Folic Acid

NO INK / NO COATING

Supports Physical & Mental Energy*

ONE A DAY®

MULTIVITAMIN/MULTIMINERAL SUPPLEMENT

Energy

100 TABLETS

NO INK / NO COATING

AP51211N08
IFC515

F.P.O. 100% UPC

0 16500 53025 1

Questions or comments?
Please call 1-800-800-4793 (Mon - Fri 9AM - 5PM EST)
Visit our website at www.oneaday.com

Bayer HealthCare

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Distributed by:
Bayer HealthCare LLC
Consumer Care
P.O. Box 1910
Morristown, NJ 07962-1910 USA

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*Key Ingredients to Support:**

Directions: Adults take one tablet daily, with food.

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value
Vitamin A (40% as beta-carotene)	3500 IU	70%
Vitamin C	60 mg	100%
Vitamin D	400 IU	100%
Vitamin E	30 IU	100%
Vitamin K	25 mcg	31%
Thiamin (B1)	3 mg	200%
Riboflavin (B2)	3.4 mg	200%
Niacin	40 mg	200%
Vitamin B6	4 mg	200%
Folic Acid	400 mcg	100%
Vitamin B12	12 mcg	200%
Biotin	300 mcg	100%
Pantothenic Acid	10 mg	100%
Calcium (elemental)	250 mg	25%
Iron	9 mg	50%
Iodine	150 mcg	100%
Magnesium	40 mg	10%
Zinc	15 mg	100%
Selenium	45 mcg	64%
Copper	2 mg	100%
Manganese	2 mg	100%
Chromium	100 mcg	83%
Molybdenum	25 mcg	33%
Chloride	90 mg	3%
Potassium	99 mg	3%
Nickel	5 mcg	*
Tin	10 mcg	*
Silicon	5 mg	*
Vanadium	10 mcg	*
Boron	150 mcg	*
Guarana Blend: Guarana Powder (seed), Caffeine	200 mg	*

*Daily Value not established.

INGREDIENTS: Calcium Carbonate, Potassium Chloride, Cellulose, Guarana Seed Powder, Caffeine, Ascorbic Acid, Magnesium Oxide, Dicalcium Phosphate, Niacinamide, Corn Starch, dl-Alpha-Tocopheryl Acetate, Ferrous Fumarate, Croscarmellose Sodium, Stearic Acid, Polyvinyl Alcohol, Zinc Oxide, Maltodextrin, Silicon Dioxide, Acacia, Magnesium Stearate, Ethylcellulose, D-Calcium Pantothenate, Crospovidone, Titanium Dioxide (color), Gelatin, Polyethylene Glycol, Talc, Manganese Sulfate, Pyridoxine Hydrochloride, Cupric Sulfate, Riboflavin, Thiamine Mononitrate, Glucose, Hypromellose, Castor Oil, Sodium Borate, FD&C Yellow #5 (tartrazine) Lake, Vitamin A Acetate, Beta-Carotene, Folic Acid, Chromium Chloride, Biotin, Potassium Iodide, FD&C Blue #1 Lake, Sodium Selenate, Sodium Molybdate, Phytonadione, Nickelous Sulfate, Sodium Metavanadate, Stannous Chloride, Tricalcium Phosphate, Cyanocobalamin, Cholecalciferol.

Contains: Soy.

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.

This product contains about as much caffeine as a cup of coffee.

Do not use if pregnant or breast-feeding.

The Complete Multivitamin Plus More† to Support Physical and Mental Energy*

*Supporting your health is important. Saying both physically and mentally active is important too. That's why One A Day® Energy is a complete multivitamin with key nutrients to support your health plus higher† levels of B-vitamins and a unique Guarana Blend to help support physical and mental energy.**

ONE A DAY® Energy

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP

Do not use this product if safety seal bearing "SEALED for YOUR PROTECTION" under cap is torn or missing.

EXPIRATION DATE: