ONE A DAY® Essential

Complete Multivitamin
- **100% Daily Value of 10 Essential Vitamins**
- **Small, Easy to Swallow Tablet**

ONE A DAY® Essential

Complete Multivitamin in a Small, Easy to Swallow Tablet to Support:*
- ***Heart Health with Vitamins B6, B12, C, E and Folic Acid***
- ***Immunity with Vitamins A, C and E***
- ***Physical and Mental Energy by Converting Food to Energy with B-Vitamins, including Thiamin, Riboflavin and Niacin***
- ***Eye Health with Vitamins A, C and E***

***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.**

SMALL, EASY TO SWALLOW Tablet

ONE A DAY®

MULTIVITAMIN/MINERAL SUPPLEMENT

Essential

130 TABLETS

NO INK / NO COATING

NO INK / NO COATING

AP50666CA08
IFC513

F.P.O. 100% UPC
0 16500 07303 1

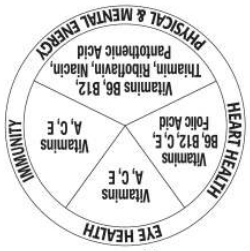
Questions or comments?
Please call 1-800-800-4793 (Mon-Fri 9-5 EST)
Visit our website at www.oneaday.com

Bayer HealthCare

Made in U.S.A.
Distributed by:
Bayer HealthCare LLC
Consumer Care
P.O. Box 1910
Morristown, NJ 07962-1910 USA

Bayer, the Bayer Cross and One A Day are trademarks of Bayer.

*Key Ingredients to Support Your Essential Needs:**



***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.**

THE MULTIVITAMIN WITH ESSENTIAL VITAMINS

One A Day® Essential is a complete multivitamin with 100% Daily Value of 10 important vitamins. It is designed to support heart health, immunity, eye health and physical and mental energy by converting food to energy. One A Day® Essential can help you stay healthy and active.*

Directions: Adults: One tablet daily, with food.

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value
Vitamin A	3000 IU	60%
(17% as beta-carotene)		
Vitamin C	60 mg	100%
Vitamin D	400 IU	100%
Vitamin E	30 IU	100%
Thiamin (B1)	1.5 mg	100%
Riboflavin (B2)	1.7 mg	100%
Niacin	20 mg	100%
Vitamin B6	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B12	6 mcg	100%
Pantothenic Acid	10 mg	100%
Calcium (elemental)	45 mg	5%

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

Contains: Soy.

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.

ONE A DAY® Essential

EXPIRATION DATE:

Lot & Exp Date Placement 5/8" from edge.