

ONE A DAY

Maximum

Complete Multivitamin Plus More[†] to Help:*

- Replace Key Nutrients Lost Through the Stress of Intense Physical Activity
- Support Physical Energy by Converting Food to Fuel
- Maintain Joint and Bone 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

Maximum

Complete Multivitamin Plus More[†] to Help:*

- Replace Key Nutrients That May Be Depleted Through the Stress of Intense Physical Activity with Vitamins A, C, E and Selenium
- Support Physical Energy by Converting Food to Fuel with Chromium and B Vitamins
- Maintain Joint and Bone Health with Vitamins C, D and Calcium
- Support Mental Energy with B Vitamins
- Support a Healthy Immune System with Vitamin C and Zinc

ONE A DAY[®]
MULTIVITAMIN/MULTIMINERAL
SUPPLEMENT

Maximum

100 TABLETS

NO INK /
NO COATING

NO INK /
NO COATING

AP50676DA08
IFC514



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



Bayer HealthCare

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The intense physical stress of exercise can create free radicals which can weaken your natural defense system. One A Day[®] Maximum's special antioxidant formula, with Vitamins A, C, E, and Selenium, can help maintain your natural defense and immunity. One A Day[®] Maximum also includes Chromium and the full set of B vitamins, to help you convert food to physical and mental energy. Complete with 31 important vitamins and minerals, One A Day[®] Maximum will help you maintain an active and healthy lifestyle so you can maximize each day.

MAXIMUM FORMULA TO HELP KEEP YOU HEALTHY AND ENERGIZED:*

If pregnant or breast-feeding, ask a health professional before use.

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.

Contains: Soy.

INGREDIENTS: Dicalcium Phosphate, Magnesium Oxide, Potassium Chloride, Cellulose, Ascorbic Acid, Ferrous Fumarate, Calcium Carbonate, Gelatin, dl-Alpha-Tocopheryl Acetate, Croscarmellose Sodium, Nicotinamide, Zinc Oxide, Dextrin, Stearic Acid, D-Calcium Pantothenate, Croscarmellose, Manganese Sulfate, Acacia, Corn Starch, Magnesium Stearate, FD&C Red #40 Lake, Cupric Sulfate, Polyethylene Glycol, Silicon Dioxide, Acacia, Dextrose, Pyridoxine Hydrochloride, Glucose, Titanium Dioxide, Titanium Monoxide, Riboflavin, Soy Lecithin, Sodium & Potassium Borates, Vitamin A Acetate, Folic Acid, FD&C Blue #2 Lake, Sodium Molybdate, Beta-Carotene, Chromium Chloride, Potassium Iodide, Sodium Selenate, Sodium Metavanadate, Phytanadione, Biotin, Nickelous Sulfate, Stannous Chloride, Tricalcium Phosphate, Cholecalciferol, Cyanocobalamin, Sodium Metasilicate.

Amount Per % Daily	Serving Value	Amount Per % Daily	Serving Value
Vitamin A	2500 IU	50%	100%
Vitamin B1	1.5 mg	100%	100%
Vitamin B2	1.7 mg	100%	100%
Vitamin B6	1.5 mg	100%	100%
Vitamin C	60 mg	100%	100%
Vitamin D	400 IU	100%	100%
Vitamin E	30 IU	100%	100%
Vitamin K	25 mcg	31%	100%
Vitamin B12	6 mcg	100%	100%
Iron	18 mg	100%	100%
Copper	2 mg	100%	100%
Selenium	20 mcg	29%	100%
Zinc	15 mg	100%	100%
Magnesium	100 mg	25%	100%
Iodine	150 mcg	100%	100%
Phosphorus	109 mg	11%	100%
Potassium	80 mg	2%	100%
Chloride	72 mg	2%	100%
Molybdenum	160 mcg	213%	100%
Chromium	65 mcg	54%	100%
Manganese	3.5 mg	175%	100%

Supplement Facts
Directions: Adults: One tablet daily, with food.
Serving Size: One tablet

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Key Ingredients to help Maximize Your Day*

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ONE A DAY[®]
Maximum

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP

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

EXPIRATION DATE: