

ON INK ON
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ONE A DAY

complete multivitamin for teen girls to support:*

- **healthy skin** with vitamins A and C, copper, and iron
- **healthy immune system** with vitamins C and E, beta-carotene, zinc, iron and selenium
- **bone strength** with calcium, vitamin D, and magnesium
- **energy through the conversion of food to fuel** with vitamins B6 and B12, thiamin, riboflavin, and niacin

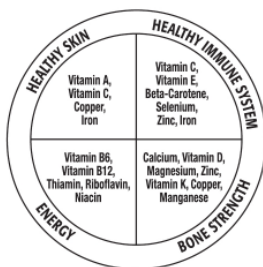
INGREDIENTS: Calcium Carbonate, Cellulose, Ascorbic Acid, Magnesium Oxide, Ferrous Fumarate, Dicalcium Phosphate, Niacinamide, dl-Alpha-Tocopheryl Acetate, Croscarmellose Sodium, Maltodextrin, Acacia, Gelatin, Polyvinyl Alcohol, Zinc Oxide, D-Calcium Pantothenate, Corn Starch, Polyethylene Glycol, Titanium Dioxide (color), Magnesium Stearate, Talc, Manganese Sulfate, Cupric Sulfate, Artificial Flavor, Hypromellose, Pyridoxine Hydrochloride, FD&C Red #40 Lake, Calcium Silicate, Silicon Dioxide, Riboflavin, Thiamine Mononitrate, Glucose, Vitamin A Acetate, Chromium Chloride, Folic Acid, Biotin, Beta-Carotene, Sodium Selenate, Phytonadione, Cholecalciferol, Tricalcium Phosphate, Cyanocobalamin.

Contains: Fish (cod, pollock, haddock, hake, cusk, redfish) and Soy.



ONE A DAY

complete multivitamin
with ingredients to help keep
teen girls strong and healthy:*



*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.

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.

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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AP5453008
LHP013

NO INK
NO COATING

ONE A DAY

Teen Advantage for Her

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.

NEW

ONE A DAY
MULTIVITAMIN/
MULTIMINERAL
SUPPLEMENT

Teen Advantage complete multivitamin for Her



- supports
healthy
skin*
- supports
healthy
immune
system*

80 TABLETS

Directions: Teens: One tablet daily, with food.

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value
Vitamin A (20% as beta-carotene)	2500 IU	50%
Vitamin C	120 mg	200%
Vitamin D	800 IU	200%
Vitamin E	30 IU	100%
Vitamin K	25 mcg	31%
Thiamin (B1)	2.3 mg	153%
Riboflavin (B2)	2.6 mg	153%
Niacin	30 mg	150%
Vitamin B6	3 mg	150%
Folic Acid	400 mcg	100%
Vitamin B12	9 mcg	150%
Biotin	300 mcg	100%
Pantothenic Acid	10 mg	100%
Calcium (elemental)	300 mg	30%
Iron	18 mg	100%
Magnesium	50 mg	13%
Zinc	15 mg	100%
Selenium	20 mcg	29%
Copper	2 mg	100%
Manganese	2 mg	100%
Chromium	120 mcg	100%



F.P.O. 100% UPC

EXPIRATION DATE: