

*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.

With Energy Support*

ONE A DAY[®]
MULTIVITAMIN/MULTIMINERAL
SUPPLEMENT

Women's Active Mind & Body

50 TABLETS

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

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

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trademark of The Breast Cancer Research Foundation.

BREAST HEALTH
Vitamin D
Vitamin B6, B12

MENTAL ALERTNESS
Guaiana Bark
Manganese
Copper

BONE STRENGTH
Calcium, Vitamin D,
Magnesium, Zinc

PHYSICAL ENERGY
Vitamin B6, B12
Panthenic Acid
Iron, Chromium

HEART HEALTH
Vitamin B6, B12
Folic Acid

Supplement Facts		Amount Per Serving		Daily Value	
		% Daily	Serving	% Daily	Serving
Vitamin A		2500 IU	50%	*Daily Value not established.	
(10% as beta-carotene)					
Vitamin C	60 mg	100%		Guarana Blend:	180 mg
Vitamin D	800 IU	200%		Guarana Seed (powder & extract),	100%
Vitamin E	30 IU	100%		Caffeine	158%
Vitamin K	25 mcg	31%			
Thiamin (B1)	2.4 mg	160%			
Riboflavin (B2)	2.7 mg	159%			
Niacin	10 mg	50%			
Vitamin B6	3 mg	160%			
Folic Acid	400 mcg	100%			
Vitamin B12	9.5 mcg	158%			
Biotin	30 mcg	10%			
Pantothenic Acid		5 mg	50%		
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%			

Directions: Adults: One tablet daily, with food.

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.

Lot & Exp Date
Placement
5/8" from edge