



One A Day Multi + Hair, Skin & Nails

Directions: Adults: **Fully chew** two gummies daily.

Supplement Facts		
Serving Size: 2 Gummies		
Servings Per Container: (Net Qty Contents/Serving Size- refer to servings per container field)		
	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	3 g	1%*
Total Sugars	2 g	**
Includes 2g Added Sugars		4%*
Vitamin A (as retinyl acetate)	750 mcg	83%
Vitamin C (as ascorbic acid)	30 mg	33%
Vitamin D (as cholecalciferol)	20 mcg (800 IU)	100%
Vitamin E (as dl-alpha-tocopheryl acetate)	6.7 mg	45%
Vitamin B ₆ (as pyridoxine hydrochloride)	2 mg	118%
Folate	665 mcg DFE (400 mcg folic acid)	166%
Vitamin B ₁₂ (as cyanocobalamin)	9 mcg	375%
Biotin (as D-biotin)	1000 mcg	3333%
Calcium (as tricalcium phosphate)	100 mg	8%
Phosphorus (as tricalcium phosphate)	40 mg	3%
Iodine (as potassium iodide)	40 mcg	27%
Zinc (as zinc sulfate)	2.5 mg	23%
*Percent Daily Values are based on a 2,000 calorie diet.		
**Daily Value not established.		

Other Ingredients: Glucose Syrup, Sugar, Water, Gelatin; Less than 2% of: Carnauba Wax, Citric Acid, FD&C Blue #1, FD&C Red #40, FD&C Yellow #6, Maltodextrin, Natural Flavor, Vegetable Oil (Palm), White Beeswax.

Contains: Wheat.

KEEP OUT OF REACH OF CHILDREN

If pregnant, breast-feeding, taking medication, undergoing laboratory testing, or have any medical condition ask a health professional before use.

For Adult Use Only

Not for children

Do not exceed recommended intake

CHILD RESISTANT CAP