



One A Day Women's Active Metabolism

Directions: Adults: One tablet daily, with food.

| Supplement Facts | | |
|-------------------------------------|-------------------------------------|----------------------|
| Serving Size: One tablet | | |
| | Amount Per Serving | % Daily Value |
| Vitamin A (10% as beta-carotene) | 750 mcg | 83% |
| Vitamin C | 60 mg | 67% |
| Vitamin D | 20 mcg (800 IU) | 100% |
| Vitamin E | 10.1 mg | 67% |
| Thiamin (B ₁) | 2.4 mg | 200% |
| Riboflavin (B ₂) | 2.7 mg | 208% |
| Niacin | 10 mg | 63% |
| Vitamin B ₆ | 3.2 mg | 188% |
| Folate | 665 mcg DFE (400 mcg folic acid) | 166% |
| Vitamin B ₁₂ | 9 mcg | 375% |
| Biotin | 30 mcg | 100% |
| Pantothenic Acid | 5 mg | 100% |
| Calcium | 300 mg | 23% |
| Iron | 18 mg | 100% |
| Magnesium | 50 mg | 12% |
| Zinc | 15 mg | 136% |
| Selenium | 20 mcg | 36% |
| Copper | 2 mg | 222% |
| Manganese | 2 mg | 87% |
| Chromium | 120 mcg | 343% |
| Caffeine | 120 mg | * |

*Daily Value not established.

Ingredients: Calcium Carbonate, Microcrystalline Cellulose, Caffeine, Magnesium Oxide, Ascorbic Acid, Ferrous Fumarate, Maltodextrin, Croscarmellose Sodium; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Copper Sulfate, Cyanocobalamin, D-Calcium Pantothenate, dl-Alpha-Tocopheryl Acetate, FD&C Blue #1 Aluminum Lake, FD&C Red #40 Aluminum Lake, FD&C Yellow #5 (tartrazine) Aluminum Lake, Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Manganese Sulfate, Niacinamide, Polyethylene Glycol, Polyvinylpyrrolidone, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Selenite, Stearic Acid, Thiamine Mononitrate, Titanium Dioxide (color), Vitamin A Acetate, Zinc Oxide.

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.

This product contains about as much caffeine as a cup of coffee (120 mg). Consider total daily intake of caffeine from all sources while using this product.

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



One A Day Women's Active Metabolism

For Adult Use Only

This product is not intended/recommended for children less than 18 years of age or those sensitive to caffeine.

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP

Do not exceed recommended intake