



One A Day Women's Tablet

Directions: Adults: One tablet daily, with food.

Supplement Facts		
Serving Size: One Tablet		
	Amount Per Serving	% Daily Value
Vitamin A	700 mcg	78%
Vitamin C	90 mg	100%
Vitamin D	25 mcg (1000 IU)	125%
Vitamin E	15 mg	100%
Thiamin (B ₁)	2.4 mg	200%
Riboflavin (B ₂)	1.95 mg	150%
Niacin	24 mg	150%
Vitamin B ₆	3.4 mg	200%
Folate	665 mcg DFE (400 mcg folic acid)	166%
Vitamin B ₁₂	9.6 mcg	400%
Biotin	45 mcg	150%
Pantothenic Acid	7.5 mg	150%
Calcium	130 mg	10%
Iron	18 mg	100%
Iodine	150 mcg	100%
Magnesium	42 mg	10%
Zinc	8 mg	73%
Selenium	41 mcg	75%
Copper	1.35 mg	150%

Ingredients: Calcium Carbonate, Microcrystalline Cellulose, Ascorbic Acid, Magnesium Oxide, Ferrous Fumarate, dl-Alpha-Tocopherol Acetate, Niacinamide, Gelatin, Maltodextrin; Less than 2% of: Biotin, Cholecalciferol, Color (Riboflavin, Titanium Dioxide, Vegetable Juice), Copper Sulfate, Corn Starch, Croscarmellose Sodium, Cyanocobalamin, D-Calcium Pantothenate, Folic Acid, Guar Gum, Hydroxypropyl Methylcellulose, Medium Chain Triglycerides, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Selenite, Stearic Acid, Talc, Thiamine Mononitrate, Vitamin A Acetate, Zinc Oxide.



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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.

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

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP

Do not exceed recommended intake

For Adult Use Only

Not for children