



One A Day Women's Menopause

Directions: Adults: One tablet daily, with food.

Supplement Facts		
Serving Size: One tablet		
	Amount Per Serving	% Daily Value
Vitamin A (20% as beta-carotene)	750 mcg	83%
Vitamin C	60 mg	67%
Vitamin D	20 mcg (800 IU)	100%
Vitamin E	14.8 mg	99%
Thiamin (B ₁)	3 mg	250%
Riboflavin (B ₂)	3.4 mg	262%
Niacin	20 mg	125%
Vitamin B ₆	8 mg	471%
Folate (400 mcg folic acid)	665 mcg DFE	166%
Vitamin B ₁₂	12 mcg	500%
Biotin	300 mcg	1000%
Pantothenic Acid	15 mg	300%
Calcium	300 mg	23%
Iodine	150 mcg	100%
Magnesium	50 mg	12%
Zinc	15 mg	136%
Selenium	20 mcg	36%
Copper	1 mg	111%
Manganese	2 mg	87%
Chromium	120 mcg	343%
Molybdenum	37.5 mcg	83%
Soybean Isoflavones (from Extract)	60 mg	*

*Daily Value not established.

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

Contains: Soy.

Contains a bioengineered food ingredient.

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

KEEP OUT OF REACH OF CHILDREN



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For Adult Use Only
Not for children
CHILD RESISTANT CAP
Do not exceed recommended intake