



## One A Day Women's Multi Gummies

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

### Supplement Facts

Serving Size: 2 gummies

Servings Per Container: (Net Qty Contents/ Serving Size [# gummies])

|                                                      | Amount<br>Per Serving               | % Daily<br>Value |
|------------------------------------------------------|-------------------------------------|------------------|
| Calories                                             | 10                                  |                  |
| Total Carbohydrate                                   | 2 g                                 | <1%*             |
| Total Sugars                                         | 2 g                                 | **               |
| Includes 2g Added Sugars                             |                                     | 4%*              |
| Vitamin A (as retinyl acetate)                       | 450 mcg                             | 50%              |
| Vitamin C (as ascorbic acid)                         | 75 mg                               | 83%              |
| Vitamin D (as cholecalciferol)                       | 25 mcg (1000 IU)                    | 125%             |
| Vitamin E (as dl-alpha-tocopheryl acetate)           | 7.5 mg                              | 50%              |
| Niacin (as niacinamide)                              | 8 mg                                | 50%              |
| Vitamin B <sub>6</sub> (as pyridoxine hydrochloride) | 1.7 mg                              | 100%             |
| Folate                                               | 665 mcg DFE<br>(400 mcg folic acid) | 166%             |
| Vitamin B <sub>12</sub> (as cyanocobalamin)          | 2.4 mcg                             | 100%             |
| Biotin (as D-biotin)                                 | 1000 mcg                            | 3333%            |
| Pantothenic Acid (as D-calcium<br>pantothenate)      | 2.5 mg                              | 50%              |
| Calcium (as tricalcium phosphate)                    | 60 mg                               | 5%               |
| Phosphorus (as tricalcium phosphate)                 | 30 mg                               | 2%               |
| Iodine (as potassium iodide)                         | 150 mcg                             | 100%             |
| 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, Color (Black Currant, Carrot, Cherry and Paprika Juice Concentrates), Lactic Acid, Monk Fruit (Luo Han Guo) Extract, Natural Flavor, Vegetable Oil (Palm), White Beeswax.

**Contains:** Wheat.

### KEEP OUT OF REACH OF CHILDREN

If you are pregnant, breastfeeding, taking medication, 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**