



One A Day® Women's Petite Multi Tablet

Directions: Adults: Two tablets daily, with food.

Supplement Facts

Serving Size: Two tablets

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

	Amount Per Serving	% Daily Value
Vitamin A (10% as beta-carotene)	700 mcg	78%
Vitamin C	84 mg	93%
Vitamin D	25 mcg (1000 IU)	125%
Vitamin E	7.5 mg	50%
Thiamin (B ₁)	1.2 mg	100%
Riboflavin (B ₂)	1.3 mg	100%
Niacin	16 mg	100%
Vitamin B ₆	1.7 mg	100%
Folate	665 mcg DFE (400 mcg folic acid)	166%
Vitamin B ₁₂	6 mcg	250%
Biotin	30 mcg	100%
Pantothenic Acid	5 mg	100%
Calcium	400 mg	31%
Iron	18 mg	100%
Iodine	150 mcg	100%
Zinc	8 mg	73%
Selenium	27.5 mcg	50%
Copper	0.9 mg	100%
Manganese	1.8 mg	78%
Chromium	25 mcg	71%

Ingredients: Calcium Carbonate, Microcrystalline Cellulose, Ascorbic Acid, Maltodextrin, Ferrous Fumarate; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Copper Sulfate, Croscarmellose Sodium, Cyanocobalamin, D-Calcium Pantothenate, dl-Alpha-Tocopheryl Acetate, Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Inulin, Manganese Sulfate, Medium Chain Triglycerides, Niacinamide, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Selenite, Stearic Acid, Thiamine Mononitrate, 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.

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP

For Adult Use Only

Not for Children

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

Do not exceed recommended intake