

equate®

Compare to
One-A-Day®
Women's
Active
Metabolism
Ingredients***

One Daily™

Women's Pro-Active

Dietary Supplement

Supports:

- Metabolism**
- Physical energy**
- Bone & breast health**

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Actual Size

50
TABLETS



Directions: Adults: One tablet daily, with food.

Do not use if printed seal under cap is broken or missing

Supplement Facts

Serving Size: One tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value			
Total Carbohydrate	< 1 g	< 1%*	Niacin	10 mg	50%	Zinc	15 mg	100%
Vitamin A	2500 IU	50%	Vitamin B6	3.2 mg	160%	Selenium	20 mcg	29%
(10% as beta-carotene)			Folic Acid	400 mcg	100%	Copper	2 mg	100%
Vitamin C	60 mg	100%	Vitamin B12	9.5 mcg	158%	Manganese	2 mg	100%
Vitamin D	800 IU	200%	Biotin	30 mcg	10%	Chromium	120 mcg	100%
Vitamin E	22.5 IU	75%	Pantothenic Acid	5 mg	50%	Guarana Seed (powder)	50 mg	†
Vitamin K	25 mcg	31%	Calcium (elemental)	300 mg	30%	Caffeine	120 mg	†
Thiamin (B1)	2.4 mg	160%	Iron	18 mg	100%			
Riboflavin (B2)	2.7 mg	159%	Magnesium	50 mg	13%			

INGREDIENTS: Calcium Carbonate, Microcrystalline Cellulose, Caffeine, Magnesium Oxide, Ascorbic Acid, Ferrous Fumarate, Guarana Seed Powder, Acacia, Croscarmellose Sodium, Stearic Acid, dl-Alpha Tocopheryl Acetate, Polyvinyl Alcohol, Zinc Oxide, Magnesium Stearate, Titanium Dioxide, Polyethylene Glycol, Niacinamide, Talc, Crospovidone, Silicon Dioxide, Manganese Sulfate, Calcium Pantothenate, Calcium Silicate, Cupric Sulfate, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Vitamin A Acetate, FD&C Yellow #5 Lake, FD&C Blue #1 Lake, Folic Acid, Chromium Chloride, FD&C Red #40 Lake, Beta-Carotene, Sodium Selenate, Phytionadione, Biotin, Cholecalciferol, Cyanocobalamin.

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 (120 mg/tablet) as a cup of coffee (100 mg).

Caution: Do not use if you are pregnant or nursing a baby. If you are taking any medication, have a medical condition or are planning any medical procedure, consult your doctor before using this product.

Store in a dry place at room temperature (59°-86°F).

(Questions or comments? 1-888-287-1915

***This product is not manufactured or distributed by Bayer HealthCare LLC, distributor of One-A-Day® Women's Active Metabolism.

Satisfaction guaranteed - for questions or comments please call 1-888-287-1915.

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