

**DIRECTIONS:** Take one capsule daily after a meal. Keep tightly closed in a cool, dry place.

**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.

No added flavorings, sugars, salt, artificial sweeteners, colorings, preservatives or salicylates.

**\*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.**

Best if used by date shown on bottle.

**MANUFACTURED BY TWINLAB CORPORATION**  
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# TWINLAB®

## DAILY ONE CAPS™

With IRON

Higher Potency Multi Vitamin & Mineral Supplement

- Helps Promote Healthy Eyes\*
- Extra Folic Acid for Healthy Heart\*
- New Iron (source) Provides Prolonged Absorption

90 Capsules

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%DV	Amount Per Serving	%DV
Pro Vitamin A (from beta carotene)	4000 IU 80%	Iron (from carbonyl iron)	10 mg 56%
Vitamin A (from retinyl palmitate)	6000 IU 120%	Iodine (from potassium iodide)	150 mcg 100%
Vitamin C (from ascorbic acid)	150 mg 250%	Magnesium (from magnesium oxide and magnesium aspartate)	7.2 mg 2%
Vitamin D (from cholecalciferol)	400 IU 100%	Zinc (from zinc picolinate)	15 mg 100%
Vitamin E (from d-alpha tocopheryl acid succinate)	100 IU 333%	Selenium (from sodium selenate)	200 mcg 286%
Thiamin (from thiamin mononitrate)	25 mg 1667%	Copper (from copper gluconate)	2 mg 100%
Riboflavin	25 mg 1471%	Manganese (from manganese gluconate)	5 mg 250%
Niacin (from niacinamide)	100 mg 500%	Chromium (from chromium chloride)	200 mcg 167%
Vitamin B6 (from pyridoxine hydrochloride)	25 mg 1250%	Molybdenum (from sodium molybdate)	150 mcg 200%
Folic Acid	800 mcg 200%	Choline (from choline bitartrate)	10 mg †
Vitamin B12 (from cyanocobalamin)	100 mcg 1667%	Inositol	10 mg †
Biotin	300 mcg 100%	FloraGLO® Lutein	500 mcg †
Pantothenic Acid (from d-calcium pantothenate)	50 mg 500%		
Calcium (from calcium carbonate and calcium citrate)	25 mg 3%		

†Daily Value (DV) not established.

**Other Ingredients:** Gelatin, Purified Water, Alginate Acid, Croscarmellose Sodium, Potassium Citrate, Soy Lecithin, MCT, Magnesium Silicate, Vegetable Stearic Acid, Silica, Magnesium Stearate, Potassium Aspartate.