

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

**WARNING:** If you are pregnant or nursing, taking any medication, or have any medical condition, consult a health care professional before use. **KEEP OUT OF REACH OF CHILDREN.**

No added flavorings, 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™

Without **IRON**

*Multi Vitamin & Mineral Supplement*

- *Helps Promote Healthy Eyes\**
- *Extra Folic Acid to help support a Healthy Heart\**

90 CAPSULES

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as beta carotene and retinyl palmitate)	10000 IU 200%	Iodine (as potassium iodide)	150 mcg 100%
Vitamin C (as ascorbic acid)	150 mg 250%	Magnesium (as magnesium oxide and magnesium aspartate)	7.2 mg 2%
Vitamin D (as cholecalciferol)	400 IU 100%	Zinc (as zinc picolinate)	15 mg 100%
Vitamin E (as d-alpha tocopheryl acid succinate)	100 IU 333%	Selenium (as sodium selenate)	200 mcg 286%
Thiamin (as thiamin mononitrate)	25 mg 1667%	Copper (as copper gluconate)	2 mg 100%
Riboflavin	25 mg 1471%	Manganese (as manganese gluconate)	5 mg 250%
Niacin (as niacinamide)	100 mg 500%	Chromium (as chromium chloride)	200 mcg 167%
Vitamin B6 (as pyridoxine hydrochloride)	25 mg 1250%	Molybdenum (as sodium molybdate)	150 mcg 200%
Folic Acid	800 mcg 200%	Choline (as choline bitartrate)	10 mg †
Vitamin B12 (as cyanocobalamin)	100 mcg 1667%	Inositol	10 mg †
Biotin	300 mcg 100%	FloraGLO® Lutein	500 mcg †
Pantothenic Acid (as d-calcium pantothenate)	50 mg 500%		
Calcium (as calcium carbonate and calcium citrate)	25 mg 3%		

†Daily Value (DV) not established.

**Other Ingredients:** Gelatin, alginate, croscarmellose sodium, potassium citrate, soy lecithin, medium chain triglycerides, magnesium silicate, vegetable stearic acid, silica, magnesium stearate, potassium aspartate.