



This product has been manufactured and repackaged in strict conformance with industry and government standards.

**FOIL- TAMPER RESISTANT SEAL**

If printed heat induced seal appears to be tampered with, do not use product. Store in a dry, controlled room environment.

**Keep Out of the Reach of Children.**

**Directions:** Adults, take one tablet daily preferably with a meal.

**Caution:** Accidental overdose of iron-containing product 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.

\*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.

†One-A-Day® WeightSmart is a registered trademark of Bayer Corporation Consumer Care Division

Manufactured for: **MASON VITAMINS, INC.**, Miami Lakes, FL 33014 USA  
Visit us at: [www.masonvitamins.com](http://www.masonvitamins.com)

**Supplement Facts**

Serving Size 1 Tablet

Amount Per Serving % DV		Amount Per Serving % DV	
Vitamin A (100% as Beta Carotene)	2,500 Iu 50%	Calcium (Calcium Carbonate)	300 mg 30%
Vitamin C (Ascorbic Acid)	60 mg 100%	Iron (Ferrous Fumarate)	18 mg 100%
Vitamin D-3 (Cholecalciferol)	400 Iu 100%	Magnesium (Magnesium Oxide)	50 mg 12%
Vitamin E (dl-Alpha Tocopheryl Acetate)	30 Iu 100%	Zinc (Zinc Oxide)	15 mg 100%
Vitamin K (Phytonadione)	80 mcg 100%	Selenium (Sodium Selenate)	70 mcg 100%
Thiamine (Vitamin B-1)	1.9 mg 127%	Copper (Cupric Sulfate)	2 mg 100%
Riboflavin (Vitamin B-2)	2.125 mg 125%	Manganese (Manganese Sulfate)	2 mg 100%
Niacin (Niacinamide)	25 mg 125%	Chromium (Chromic Chloride)	200 mcg 166%
Vitamin B-6 (Pyridoxine HCl)	2.5 mg 125%	EGCG (from Green Tea Extract, <i>Carrilla sibirensis</i> leaf)	32 mg **
Folic Acid	400 mcg 100%		
Vitamin B-12 (Cyanocobalamin)	7.5 mcg 125%		
Pantothenic Acid (Calcium Pantothenate)	12.5 mg 125%		

\*\*Daily Value not established.

**Other Ingredients:** Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid, Gelatin, Acacia, Maltodextrin, Caffeine, Hydroxypropylmethylcellulose, Dicalcium Phosphate, Magnesium Stearate, Titanium Dioxide, Mannitol, Silica, Magnesium Silicate, Triacetin, Sucrose, Mineral Oil, Starch, Ascorbyl Palmitate, Riboflavin, Sodium Ascorbate and FD&C Blue #1 Lake

**GUARANTEED NO ADDED:** Yeast, Soy, Wheat, Dairy, Gluten, Egg, Fragrance, Artificial Flavors, and Preservatives

**LOT/EXP. DATE:**

1429-100

