



MULTI FOR HER: COMPARISON GUIDE



Multi For Her



Centrum *



One-A-Day Women's *

Vitamin A (IU) ■ [1]	2500 60% as Beta Carotene	3500 29% as Beta Carotene	2500 20% as Beta Carotene
Vitamin C (mg) [2]	180	60	60
Vitamin D (IU) [3]	1000	400	800
Vitamin E (IU) [2]	50	30	30
Vitamin K (mcg) [4]	80	25	25
Thiamin (mg)	1.5	1.5	1.5
Riboflavin (mg)	1.7	1.7	1.7
Niacin (mg)	20	20	10
Vitamin B6 (mg)	2	2	2
Folic Acid (mcg) [5]	600	400	400
Vitamin B12 (mcg)	6	6	6
Biotin (mcg)	30	30	30
Pantothenic Acid (mg)	10	10	5
Calcium (mg)	250	162	450
Iron (mg)	18	18	18
Iodine (mcg)	150	150	---
Magnesium (mg)	100	100	50
Zinc (mg)	15	15	15
Selenium (mcg) [6]	70	20	20
Copper (mg)	2	2	2
Manganese (mg)	4	2	2
Chromium (mcg)	120	120	120
Molybdenum (mcg)	75	75	---

■ All amounts are per serving

*All information derived from most recent packaging, as well as www.one-a-day.com and www.centrum.com

[1] Low levels of retinol and higher levels of beta carotene support bone health and reduce free radical damage in the body +

[2] Antioxidant powerhouses which help boost immunity and fight against the aging effects of free radical damage +

[3] Supports autoimmune protection, heart health, teeth and bone strength, mood health, breast health and more +

[4] Maintains bone strength and heart health +

[5] Supports reproductive health +

[6] Boosts the immune system and neutralizes free radicals +

+ 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.

