

## Drugs and Health Products

### Product Information

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<b>Natural Product Number (NPN):</b>	02248293
<b>Current Status:</b>	Active
<b>Brand Name(s):</b>	One A Day® Women 50 Plus
<b>Licence Holder:</b>	Bayer Inc.
<b>Dosage Form:</b>	Tablet
<b>Recommended Route of Administration:</b>	Oral

**Recommended Dose:**

Sub Population (Sub Pop.)					Quantity (Qty)				Frequency (Freq.)			
Sub Pop.	Age	Min.	Max.	UoM <sup>1</sup> Age	Qty	Min.	Max.	UoM <sup>1</sup> Qty	Freq.	Min.	Max.	UoM <sup>1</sup> Freq.
Adults					1.0			tablet	1			daily
<sup>1</sup> UoM: Unit of Measure												

**Recommended Use or Purpose:**

Vitamin and mineral supplement. A factor in the maintenance of good health. Source of vitamin A for the maintenance of good health (beta-carotene). Provitamin A for the maintenance of good health (beta-carotene). Helps to maintain eyesight, skin, membranes and immune function (vitamin A). Source of vitamin A to help maintain eyesight, skin, membranes and immune function (beta-carotene). Provitamin A to help maintain eyesight, skin, membranes and immune function (beta-carotene). Helps in the development and maintenance of night vision (vitamin A). Source of vitamin A to help in the development and maintenance of night vision (beta-carotene). Provitamin A to help in the development and maintenance of night vision (beta-carotene). Helps in the development and maintenance of bones and teeth (vitamin A, vitamin D, calcium, magnesium). Source of vitamin A to help in the development and maintenance of bones and teeth (beta-carotene). Provitamin A to help in the development and maintenance of bones and teeth (beta-carotene). Helps in the development and maintenance of bones, cartilage, teeth and gums (vitamin C). Helps in the development and maintenance of bones (manganese). Helps normal growth and development (niacinamide). Helps normal growth (thiamine). Helps the body to metabolize proteins (folate). Helps the body to metabolize fats and proteins (vitamin C). Helps the body to metabolize carbohydrates and fats (chromium). Helps the body metabolize carbohydrates, fats and proteins (niacinamide, pantothenic acid, riboflavin, thiamine, vitamin B6, vitamin B12, magnesium). Helps in tissue formation (pantothenic acid, riboflavin, vitamin B6, magnesium). Helps to form red blood cells (folate, vitamin B12). Helps to form red blood cells and helps in their proper function (iron). Helps in connective tissue formation (vitamin C). Helps to produce and repair connective tissue (copper). Helps in wound healing (vitamin C). An antioxidant for the maintenance of good health (vitamin C, vitamin E). Helps in the absorption and use of calcium and phosphorus (vitamin D). Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis (vitamin D, calcium). Helps to reduce the risk of neural tube defects when taken daily

prior to becoming pregnant and during early pregnancy (folate). Helps to maintain proper muscle function (magnesium). Provides support for healthy glucose metabolism (chromium). Helps in the function of the thyroid gland (iodine). Helps to maintain healthy skin (zinc). Helps to maintain immune function (zinc). Helps to prevent vitamin A deficiency. Helps to prevent pantothenic acid deficiency. Helps to prevent riboflavin deficiency. Helps to prevent thiamine deficiency. Helps to prevent vitamin B6 deficiency. Helps to prevent vitamin B12 deficiency. Helps to prevent niacin deficiency. Helps to prevent copper deficiency. Helps to prevent zinc deficiency.

#### **Risk Information:**

#### ***Cautions and Warnings***

Do not use if seal under cap is broken or missing. Keep safely out of reach of children. This package contains enough iron to seriously harm a child. For adult use only.

#### **List of Medicinal Ingredients:**

Medicinal Ingredients	Quantity (Qty)	Extract	Potency
Beta-carotene	1500.0 mcg		2500.0 IU
Biotin	30.0 mcg		
Calcium	130.0 mg		
Chlorine	34.0 mg		
Chromium	10.0 mcg		
Copper	2.0 mg		
Folate	0.4 mg		
Iodine	0.15 mg		
Iron	18.0 mg		
Magnesium	100.0 mg		
Manganese	2.5 mg		
Molybdenum	10.0 mcg		
Niacinamide	20.0 mg		
Pantothenic acid	10.0 mg		
Potassium	37.5 mg		
Riboflavin	1.7 mg		
Selenium	10.0 mcg		
Thiamine	1.5 mg		
Vitamin A	750.0 mcg		2500.0 IU
Vitamin B12	6.0 mcg		
Vitamin B6	2.0 mg		
Vitamin C	60.0 mg		
Vitamin D	10.0 mcg		400.0 IU

Vitamin E	13.5 mg		30.0 IU
Zinc	15.0 mg		

**List of Non-Medicinal Ingredients:**

- Ascorbyl Palmitate
- Brewer's yeast
- Butylated hydroxytoluene
- Calcium Silicate
- Cellulose
- Croscarmellose Sodium
- Dextrin
- Dextrose
- Dicalcium Phosphate
- FD & C Red # 40
- FD&C Blue No.2
- Gelatin
- Hypromellose
- Lecithin
- Magnesium stearate
- Partially hydrogenated soy bean oil
- Polyethylene Glycol
- Resin
- Silicon dioxide
- Sodium Carboxymethyl cellulose
- Sodium Starch Glycolate
- Sodium ascorbate
- Sodium citrate
- Starch
- Stearic Acid
- Sucrose
- Titanium dioxide

**Date of Licensing:** 2008-02-26

**Revised Date of Licence:**

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