



One A Day Men's 50+ Multi Gummies

Directions: Adults: **Fully chew** two gummies daily.

Supplement Facts		
Serving Size: 2 gummies		
Servings Per Container: (Net Qty Contents/ Serving Size [# gummies])		
	Amount Per Serving	% Daily Value
Calories	15	
Total Carbohydrate	4 g	1%*
Total Sugars	4 g	**
Includes 4g Added Sugars		8%*
Vitamin A (as retinyl acetate)	675 mcg	75%
Vitamin C (as ascorbic acid)	40 mg	44%
Vitamin D (as cholecalciferol)	25 mcg (1000 IU)	125%
Vitamin E (as dl-alpha-tocopheryl acetate)	15 mg	100%
Thiamin (B ₁) (as thiamine mononitrate)	0.18 mg	15%
Riboflavin (B ₂)	0.26 mg	20%
Niacin (as niacinamide)	16 mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride)	1.7 mg	100%
Folate	235 mcg DFE (141 mcg folic acid)	59%
Vitamin B ₁₂ (as cyanocobalamin)	17 mcg	708%
Biotin (as D-biotin)	30 mcg	100%
Pantothenic Acid (as D-calcium pantothenate)	3 mg	60%
Iodine (as potassium iodide)	150 mcg	100%
Zinc (as zinc sulfate)	2.2 mg	20%
Selenium (as sodium selenate)	55 mcg	100%
*Percent Daily Values are based on a 2,000 calorie diet.		
**Daily Value not established.		

Other Ingredients: Sugar, Glucose Syrup, Water, Gelatin, Maltodextrin; Less than 2% of: Citric Acid, Color (Black Currant and Carrot Juice Concentrates), Natural Flavor, Pectin.

Contains: Wheat.

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP

If pregnant, breast-feeding, taking medication, or have any medical condition ask a health professional before use.

For Adult Use Only

Not for children

Do not exceed recommended intake