



One A Day Men's 50+ Complete Multivitamin

Directions: Adults: One tablet daily, with food.

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value
Vitamin A (11% as beta-carotene)	940 mcg	104%
Vitamin C	120 mg	133%
Vitamin D	17.5 mcg (700 IU)	88%
Vitamin E	11.4 mg	76%
Thiamin (B ₁)	4.5 mg	375%
Riboflavin (B ₂)	3.4 mg	262%
Niacin	20 mg	125%
Vitamin B ₆	6 mg	353%
Folate	665 mcg DFE (400 mcg folic acid)	166%
Vitamin B ₁₂	25 mcg	1042%
Biotin	30 mcg	100%
Pantothenic Acid	15 mg	300%
Calcium	120 mg	9%
Iodine	150 mcg	100%
Magnesium	110 mg	26%
Zinc	24 mg	218%
Selenium	117 mcg	213%
Copper	2.2 mg	244%
Manganese	4.2 mg	183%
Chromium	180 mcg	514%
Molybdenum	90 mcg	200%
Lycopene	370 mcg	*

*Daily Value not established.

Ingredients: Calcium Carbonate, Microcrystalline Cellulose, Magnesium Oxide, Ascorbic Acid, Croscarmellose Sodium, Zinc Oxide, dl-Alpha-Tocopheryl Acetate, Maltodextrin; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Copper Sulfate, Cyanocobalamin, D-Calcium Pantothenate, FD&C Blue #1 Aluminum Lake, FD&C Blue #2 Aluminum Lake, Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Lycopene, Manganese Sulfate, Niacinamide, Polyethylene Glycol, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Molybdate, Sodium Selenite, Stearic Acid, Thiamine Mononitrate, Titanium Dioxide (color), Vitamin A Acetate.

KEEP OUT OF REACH OF CHILDREN

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