



One A Day Men's Complete Multivitamin

Directions: Adults: One tablet daily, with food.

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value
Vitamin A (10% as beta-carotene)	900 mcg	100%
Vitamin C	99 mg	110%
Vitamin D	25 mcg (1000 IU)	125%
Vitamin E	15 mg	100%
Thiamin (B ₁)	1.32 mg	110%
Riboflavin (B ₂)	1.43 mg	110%
Niacin	17.6 mg	110%
Vitamin B ₆	2.17 mg	128%
Folate	400 mcg DFE (240 mcg folic acid)	100%
Vitamin B ₁₂	6.24 mcg	260%
Biotin	43 mcg	143%
Pantothenic Acid	15.5 mg	310%
Calcium	210 mg	16%
Iron	0 mg	0%
Iodine	150 mcg	100%
Magnesium	120 mg	29%
Zinc	11 mg	100%
Selenium	55 mcg	100%
Copper	0.9 mg	100%
Manganese	2.3 mg	100%
Chromium	35 mcg	100%
Lycopene	300 mcg	*

*Daily Value not established.

Ingredients: Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Maltodextrin, dl-Alpha-Tocopheryl Acetate; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Copper Sulfate, Croscarmellose Sodium, Cyanocobalamin, D-Calcium Pantothenate, Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Inulin, Lycopene, Manganese Sulfate, Medium Chain Triglycerides, Niacinamide, Polyvinylpyrrolidone, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Selenite, Stearic Acid, Thiamine Mononitrate, Vitamin A Acetate, Zinc Oxide.

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

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP