

With more** of
10 key nutrients

ONE A DAY[®]
MEN'S
MULTIVITAMIN/ MULTIMINERAL
SUPPLEMENT

MEN'S HEALTH FORMULA

Complete Multivitamin with More
Formulated with Key Nutrients to Support: *

- Heart Health[†]
- Healthy Blood Pressure[†]
- Immune Health



200 TABLETS

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

†Not a replacement for heart medications.

Directions: Adults: One tablet daily, with food.

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value
Vitamin A (14% as beta-carotene)	3500 IU	70%
Vitamin C	60 mg	100%
Vitamin D (as Vitamin D ₃)	700 IU	175%
Vitamin E	22.5 IU	75%
Vitamin K	20 mcg	25%
Thiamin (B ₁)	1.35 mg	90%
Riboflavin (B ₂)	1.7 mg	100%

	Amount Per Serving	% Daily Value
Niacin	18 mg	90%
Vitamin B ₆	3 mg	150%
Folic Acid	400 mcg	100%
Vitamin B ₁₂	18 mcg	300%
Biotin	75 mcg	25%
Pantothenic Acid	16 mg	160%
Calcium (elemental)	210 mg	21%
Iron	0 mg	0%

	Amount Per Serving	% Daily Value
Magnesium	140 mg	35%
Zinc	15 mg	100%
Selenium	110 mcg	157%
Copper	2 mg	100%
Manganese	2 mg	100%
Chromium	120 mcg	100%
Lycopene	300 mcg	*

* Daily Value not established.

INGREDIENTS: Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Croscarmellose Sodium; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Crospovidone, Cupric Oxide, Cyanocobalamin, D-Calcium Pantothenate, dl-Alpha-Tocopheryl Acetate, Folic Acid, Hydroxypropyl Methylcellulose, Lycopene, Manganese Sulfate, Nicotinamide, Phytonadione, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Selenite, Stearic Acid, Thiamine Mononitrate, Triacetin, Vitamin A Acetate, Zinc Oxide.

**With 10% DV more Thiamin (1.35 mg vs. 1.2 mg), 24% DV more Riboflavin (1.7 mg vs. 1.3 mg), 10% DV more Niacin (18 mg vs. 16 mg), 50% DV more Vitamin B₆ (3 mg vs. 2 mg), 50% DV more Folic Acid (400 mcg vs. 200 mcg), 200% DV more Vitamin B₁₂ (18 mcg vs. 6 mcg), 12% DV more Biotin (75 mcg vs. 40 mcg), 10% DV more Pantothenic Acid (16 mg vs. 15 mg), 27% DV more Zinc (15 mg vs. 11 mg), and 10% DV more Magnesium (140 mg vs. 100 mg) than Centrum[®] Men.

†To help support blood pressure levels already within the normal range.

KEEP OUT OF REACH OF CHILDREN
CHILD RESISTANT CAP

Do not use this product if printed safety seal bearing "Bayer HealthCare" under cap is torn or missing.

Bayer

Questions or comments?
Please call 1-800-800-4793
(Mon-Fri 9AM - 5PM EST)

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EXPIRATION DATE:

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