

Directions: Adults: Two tablets daily, with food.

Supplement Facts

Serving Size: Two tablets
Servings Per Container: 75

	Amount Per Serving	% Daily Value
Vitamin A (20% as beta-carotene)	2500 IU	50%
Vitamin C	90 mg	150%
Vitamin D (as Vitamin D ₃)	1200 IU	300%
Vitamin K	0 mcg	0%
Thiamin (B ₁)	1.5 mg	100%
Riboflavin (B ₂)	1.7 mg	100%
Niacin	20 mg	100%
Vitamin B ₆	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B ₁₂	50 mcg	833%
Biotin	30 mcg	10%
Pantothenic Acid	10 mg	100%
Calcium (elemental)	500 mg	50%
Iodine	150 mcg	100%
Magnesium	100 mg	25%
Zinc	15 mg	100%
Selenium	55 mcg	79%
Copper	1 mg	50%
Manganese	2 mg	100%
Chromium	24 mcg	20%

INGREDIENTS: Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Maltodextrin, Croscarmellose Sodium; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Cupric Oxide, Cyanocobalamin, D-Calcium Pantothenate, FD&C Yellow #6 Lake, Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Manganese Sulfate, Mica (color), Niacinamide, Polyethylene Glycol, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Selenite, Stearic Acid, Thiamine Mononitrate, Titanium Dioxide (color), Vitamin A Acetate, Zinc Oxide.

Only[#] Complete Multivitamin Specially Formulated for this Age:

- More[†] Vitamin D – which is harder to get from the sun as you age
- High Potency Vitamin B₁₂ – which at this age is easier to absorb from a supplement or fortified food, than what is found naturally in food
- Formulated without Vitamin K for those who have been instructed by their physician to avoid this vitamin

Formulated to Support:*

Healthy Blood Pressure ^{††}	with Vitamin C, Calcium, Magnesium and More [†] Vitamin D
Bone Health	with Calcium, Magnesium and More [†] Vitamin D
Physical Energy	with B-Vitamins ^{††} to help convert food to fuel
Cell Health	with Antioxidants: Vitamins A, C, Zinc, Manganese, Copper and Selenium
Heart Health ^{**}	with Vitamins B ₆ , B ₁₂ and Folic Acid

[†]With 50% DV more Vitamin D than Centrum[®] Silver[®] Adults 50+ (1200 IU vs. 1000 IU)

^{††}Vitamins B₁, B₂, B₆, B₁₂, Niacin, Folic Acid, Biotin and Pantothenic Acid

[‡]50% smaller than One A Day[®] Women's 50+ Healthy Advantage

^{‡‡}To help support blood pressure levels already within the normal range

^{**}Not a replacement for heart medications.

[#]Among leading brands

*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.

KEEP OUT OF REACH OF CHILDREN

Not for children.

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

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

ONE A DAY.

PROACTIVE
65+
FOR MEN & WOMEN

One A Day[®] Proactive 65+ is the only[#] complete multivitamin specially formulated for men and women 65+ with key nutrients important for this age.

Formulated With:

- More[†] Vitamin D
- High Potency Vitamin B₁₂
- And other key nutrients

Formulated without Vitamin K for those who have been instructed by their physician to avoid this vitamin

EASY TO SWALLOW
MINI TABLETS[‡]

ONE A DAY.

MULTIVITAMIN/MULTIMINERAL
SUPPLEMENT

PROACTIVE
65+
FOR MEN & WOMEN

Only[#] Complete Multivitamin
Specially Formulated for this Age

- More[†] Vitamin D
- High Potency Vitamin B₁₂
- Does Not Contain Vitamin K



150 TABLETS

Sd

85079301



EXPIRATION DATE:

Store at room temperature. Avoid excessive heat above 40°C (104°F).

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

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Whippany, NJ 07981

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