



One Daily Men's 50+

multivitamin • multimineral
50 mcg vitamin D3

immune[✓]

energy production[✓]

antioxidant[✓]

vision[✓]

60 Tablets • Dietary Supplement

gluten
free

dairy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	2250 mcg RAE	250%
Vitamin C (as ascorbic acid)	100 mg	110%
Vitamin D3 (as cholecalciferol)	50 mcg	250%
Vitamin E (as d-alpha tocopheryl succinate)	20 mg	130%
Vitamin K (as phytonadione)	45 mcg	40%
Thiamine (Vitamin B1) (as thiamine mononitrate)	20 mg	1670%
Riboflavin (Vitamin B2)	20 mg	1540%
Niacin (Vitamin B3)	30 mg NE	190%
Vitamin B6 (as pyridoxine HCl)	15 mg	880%
Folate (as folic acid) (400 mcg folic acid)	667 mcg DFE	170%
Vitamin B12 (as cyanocobalamin)	25 mcg	1040%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Choline (as choline bitartrate)	25 mg	4%
Calcium (as calcium carbonate and dicalcium phosphate)	120 mg	10%

	Amount Per Serving	% Daily Value
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc sulfate)	20 mg	180%
Selenium (as amino acid chelate)	2 mg	180%
Copper (as copper sulfate)	2 mg	220%
Manganese (as manganese sulfate)	5 mg	220%
Chromium (as chromium picolinate)	120 mcg	345%
Molybdenum (as amino acid chelate)	75 mcg	170%
Potassium (as potassium chloride)	75 mg	2%
Boron (as boron amino acid complex)	1 mg	*
Lutein	500 mcg	*
Saw Palmetto Extract (<i>Serenoa repens</i>)(berry)	320 mg	*
Inositol	25 mg	*
Lycopene	500 mcg	*

*Daily Value not established.

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, aqueous coating, silicon dioxide, magnesium stearate, riboflavin (for color), titanium dioxide (for color), spirulina extract (for color).

Contains: Soy

Does not contain: Gluten, Salt, Preservatives, Artificial Colors or Flavors.

DIRECTIONS: Take one (1) tablet daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are taking any medication or have any medical conditions.

✓ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

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