

CHILD
RESISTANT CAP

Expect the Best!
This product is
manufactured
under stringent
quality standards
to ensure label
potencies and
freshness.

Compare to the ingredients of
One A Day® Men's Health Formula

exchange  select™

ONE DAILY

MEN'S HEALTH FORMULA

MULTIVITAMIN/MULTIMINERAL SUPPLEMENT



More of Ten
Key Nutrients!

100 TABLETS

quality
value



Directions: Adults: One tablet daily, with food.

Do not use if printed seal under cap is broken or missing

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A	3500 IU	70%	Niacin	18 mg	90%	Zinc	15 mg	100%
(14% as beta-carotene)			Vitamin B6	3 mg	150%	Selenium	110 mcg	157%
Vitamin C	60 mg	100%	Folic Acid	400 mcg	100%	Copper	2 mg	100%
Vitamin D	700 IU	175%	Vitamin B12	18 mcg	300%	Manganese	2 mg	100%
Vitamin E	22.5 IU	75%	Biotin	75 mcg	25%	Chromium	120 mcg	100%
Vitamin K	20 mcg	25%	Pantothenic Acid	16 mg	160%	Lycopene	300 mcg	*
Thiamin	1.35 mg	90%	Calcium (elemental)	210 mg	21%			
Riboflavin	1.7 mg	100%	Magnesium	140 mg	35%			

*Daily Value (DV) not established.

INGREDIENTS: Dicalcium Phosphate, Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Croscarmellose Sodium, Gelatin, dl-Alpha Tocopheryl Acetate, Calcium Pantothenate, Niacinamide, Stearic Acid, Calcium Silicate, Zinc Oxide, Dextrin, Magnesium Stearate, Manganese Sulfate, Pyridoxine Hydrochloride, Dextrose, Cupric Oxide, Thiamine Mononitrate, Riboflavin, Vitamin A Acetate, Lecithin, Sodium Carboxymethylcellulose, Folic Acid, Lycopene, Chromium Chloride, Beta-Carotene, Sodium Selenate, Sodium Citrate, Biotin, Phytonadione, Cholecalciferol, Cyanocobalamin. **CONTAINS: SOY**

Caution: If you are taking any medication or have a medical condition, consult a doctor before taking this product. If you are pregnant or nursing a baby, ask a doctor before using this product.

Keep out of reach of children.

Store in a dry place at room temperature (59°F-86°F).

Questions or comments? 1-866-703-4222

**SATISFACTION GUARANTEED
OR YOUR MONEY BACK**

Manufactured For:
Your Military Exchanges
By: Perrigo Company
Allegan, MI USA 49010

Actual Tablet Size



†With 25% DV more Vitamin D (700 IU vs. 600 IU), 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), and 10% DV more Magnesium (140 mg vs. 100 mg) than Centrum® Men. Centrum® is a registered trademark of Wyeth Holdings LLC.

FRESHNESS AND POTENCY
GUARANTEED THROUGH:

**CODE
AREA**

• no varnish • no color

FL Z) BLECE :