

NEW
Improved Formula



One Daily Men's

**multivitamin • multimineral
50 mcg (2000 IU) vitamin D3**

immune^v

antioxidant^v

energy production^v

60 Tablets • Dietary Supplement

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	1500 mcg RAE (5000 IU)	170%
Vitamin C (as ascorbic acid)	100 mg	110%
Vitamin D3 (as cholecalciferol)	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha tocopheryl succinate)	25 mg (30 IU)	170%
Vitamin K (as phytonadione)	45 mcg	40%
Thiamin (Vitamin B1) (as thiamin mononitrate)	25 mg	2080%
Riboflavin (Vitamin B2)	25 mg	1920%
Niacin (Vitamin B3)	20 mg NE	125%
Vitamin B6 (as pyridoxine HCl)	25 mg	1470%
Folate (400 mcg folic acid)	667 mcg DFE	170%
Vitamin B12 (as cyanocobalamin)	100 mcg	4170%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	25 mg	500%
Choline (as choline bitartrate)	25 mg	5%
Calcium (as calcium carbonate)	123 mg	10%
Iodine (from kelp)	150 mcg	100%

	Amount Per Serving	% Daily Value
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc sulfate)	20 mg	180%
Selenium (as selenium amino acid chelate)	150 mcg	270%
Copper (as copper sulfate)	2 mg	220%
Manganese (as manganese sulfate)	5 mg	220%
Chromium (as chromium picolinate)	120 mcg	340%
Molybdenum (as molybdenum amino acid chelate)	75 mcg	170%
Potassium (as potassium chloride)	75 mg	2%
Saw Palmetto Extract (<i>Serenoa repens</i>)(berry)	80 mg	*
Antioxidant Health Blend	25 mg	*
8.33 mg Trans Resveratrol		
8.33 mg <i>Rhodiola rosea</i> Extract (root)		
8.33 mg Coenzyme Q10		
Inositol	25 mg	*
Citrus Bioflavonoids (<i>Citrus spp.</i>)(pulp and peel)	25 mg	*
Black Pepper Concentrate	5 mg	*
Boron (as boron amino acid complex)	1 mg	*
Lycopene	350 mcg	*
Lutein	250 mcg	*

* Daily Value not established.

Other ingredients:

Microcrystalline cellulose,
stearic acid (vegetable source),
croscarmellose sodium,
aqueous coating, magnesium
stearate (vegetable source),
silicon dioxide, riboflavin (color),
titanium dioxide (color),
spirulina extract (color).

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 pregnant,
nursing, 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.

Distributed by:
Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit
www.vitaminshoppe.com
or call 1-800-223-1216
for more information
and to reorder.

Item No. VS-3115

1806744

