



Compare to Ingredients of One A Day® Men's Health Formula***

Men's One Daily

More of Ten Key Nutrients†

Complete Multivitamin/Multimineral Supplement



100 Tablets

Dietary Supplement

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
Vitamin A (14% as beta-carotene)	3500 IU 70%	Niacin	18 mg 36%
Vitamin C	60 mg 100%	Vitamin B6	3 mg 15%
Vitamin D	700 IU 175%	Folic Acid	400 mcg 100%
Vitamin E	22.5 IU 75%	Vitamin B12	18 mcg 300%
Vitamin K	20 mcg 25%	Biotin	75 mcg 25%
Thiamin	1.35 mg 90%	Pantothenic Acid	16 mg 160%
Riboflavin	1.7 mg 100%	Calcium (elemental)	210 mg 21%
		Magnesium	140 mg 35%

INGREDIENTS: Dicalcium Phosphate, Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, Gelatin, dl-Alpha Tocopheryl Acetate, Calcium Pantothenate, Nicotinamide, Stearic Acid, Magnesium Stearate, Manganese Sulfate, Pyridoxine Hydrochloride, Dextrose, Cupric Oxide, Lactitol, Sodium Carboxymethylcellulose, Folic Acid, Lycopene, Chromium Chloride, Beta-Carotene, Phytonadione, Cholecalciferol, Cyanocobalamin. **CONTAINS: SOY**

100% DV more Vitamin D (700 IU vs. 600 IU), 10% DV more Thiamin (1.35 mg vs. 1.2 mg), 12% DV more Niacin (18 mg vs. 16 mg), 50% DV more Vitamin B6 (3 mg vs. 2 mg), 100% DV more Vitamin B12 (18 mcg vs. 6 mcg), 12% DV more Biotin (75 mcg vs. 60 mcg), 200% DV more Folic Acid (400 mcg vs. 200 mcg), 10% DV more Vitamin K (20 mcg 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.

Consult your doctor 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. **CHILD RESISTANT CAP**

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

Questions or comments? 1-888-309-9030

This product is not manufactured or distributed by Bayer HealthCare LLC, distributor of One A Day® Men's Health Formula.

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Facts

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A	18 mg 90%	Zinc	15 mg 100%
Vitamin B6	3 mg 150%	Selenium	110 mcg 157%
Vitamin C	400 mcg 100%	Copper	2 mg 100%
Vitamin D	18 mcg 300%	Manganese	2 mg 100%
Vitamin E	75 mcg 25%	Chromium	120 mcg 100%
Vitamin K	16 mg 160%		
Thiamin	210 mg 21%	Lycopene	300 mcg
Riboflavin	140 mg 35%		

*Daily Value (DV) not established.

Vitamin A, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Croscarmellose, Stearic Acid, Nicotinamide, Stearic Acid, Calcium Silicate, Zinc Oxide, Dextrin, Magnesium Stearate, Manganese Sulfate, Pyridoxine Hydrochloride, Dextrose, Cupric Oxide, Lactitol, Sodium Carboxymethylcellulose, Folic Acid, Lycopene, Chromium Chloride, Beta-Carotene, Sodium Selenate, Sodium Phytonadione, Cholecalciferol, Cyanocobalamin. **CONTAINS: SOY**

100% DV more Thiamin (1.35 mg vs. 1.2 mg), 24% DV more Riboflavin (1.7 mg vs. 1.5 mg), 10% DV more Vitamin B6 (3 mg vs. 2 mg), 50% DV more Folic Acid (400 mcg vs. 200 mcg), 12% DV more Biotin (75 mcg vs. 60 mcg), 10% DV more Magnesium (140 mg vs. 100 mg) than Centrum® Men.

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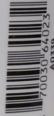
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100% Satisfaction Guaranteed! (U.S.A.) 309-9030

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