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WITH
LYCOPENE21ST
CENTURY[®]ONE
DAILYMULTIVITAMIN
MULTIMINERAL
SUPPLEMENT

Men's Health

Compare VS.

ONE A DAY[®] MEN'S HEALTH[†]100
TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Acetate & 14% as Beta-Carotene)	1,050 mcg 117%	Biotin	75 mcg 250%
Vitamin C (as Ascorbic Acid)	60 mg 67%	Pantothenic Acid (as d-Calcium Pantothenate)	16 mg 320%
Vitamin D ₃ (as Cholecalciferol)	17.5 mcg 88% (700 IU)	Calcium (as Calcium Carbonate & Dicalcium Phosphate)	210 mg 16%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	10 mg 68%	Magnesium (as Magnesium Oxide)	140 mg 33%
Vitamin K (as Phytonadione)	20 mcg 17%	Zinc (as Zinc Oxide)	15 mg 136%
Thiamin (as Thiamin Mononitrate, B-1)	1.35 mg 113%	Selenium (as Sodium Selenate)	110 mcg 200%
Riboflavin (Vitamin B-2)	1.7 mg 131%	Copper (as Copper Oxide)	2 mg 222%
Niacin (as Niacinamide)	18 mg 113%	Manganese (as Manganese Sulfate)	2 mg 87%
Vitamin B-6 (as Pyridoxine HCl)	3 mg 176%	Chromium (as Chromium Chloride)	120 mcg 343%
Folate (400 mcg Folic Acid)	667 mcg DFE 167%	Lycopene	300 mcg **
Vitamin B-12 (as Cyanocobalamin)	18 mcg 750%	** Daily Value not established.	

Other Ingredients: Cellulose, Stearic Acid, Starch, Silicon Dioxide. **Contains <2% of:** Ascorbyl Palmitate, BHA, BHT, Corn Oil, Croscarmellose Sodium, dl-Alpha Tocopherol, Gelatin, Gum Arabic, Hydroxypropyl Methylcellulose, Magnesium Stearate, Maltodextrin, Mannitol, PEG, Polysorbate, Polyvinyl Alcohol, Sodium Ascorbate, Sucrose, Talc, Vegetable Oil, Water.

Directions: As a dietary supplement, adults take one (1) tablet daily with any meal or as directed by your healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No added Yeast or Artificial Flavors.

Gluten Free.

[†]One A Day[®] is a registered trademark of Bayer Corporation, Morristown, NJ 07960

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ACTUAL SIZE

