

# equate™

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

## One Daily™

### MEN'S HEALTH

Multivitamin/Multimineral Supplement

**With More of 10 Key Nutrients†**

**Supports:**

- Heart Health\*\*
- Normal Blood Pressure\*\*\*
- Immune Health\*\*
- Energy Metabolism\*\*

†Blood Pressure levels already within the normal range

**100**  
TABLETS

\*\*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.

Directions: Adults: One tablet daily, with food.

DO NOT USE IF PRINTED SEAL UNDER CAP IS BROKEN OR MISSING

Keep out of reach  
of children.  
CHILD RESISTANT CAP

Satisfaction guaranteed -  
For questions or  
comments please call  
1-888-287-1915.

**FILL LEVEL**

Distributed by:  
Wal-Mart Stores, Inc.,  
Bentonville, AR 72716

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

## Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value
Vitamin A (14% as beta-carotene)	3500 IU	70%
Vitamin C	60 mg	100%
Vitamin D	700 IU	175%
Vitamin E	22.5 IU	75%
Vitamin K	20 mcg	25%
Thiamin	1.35 mg	90%
Riboflavin	1.7 mg	100%

	Amount Per Serving	% Daily Value
Niacin	18 mg	90%
Vitamin B6	3 mg	150%
Folic Acid	400 mcg	100%
Vitamin B12	18 mcg	300%
Biotin	75 mcg	25%
Pantothenic Acid	16 mg	160%
Calcium (elemental)	210 mg	21%
Magnesium	140 mg	35%

	Amount Per Serving	% Daily Value
Zinc	15 mg	100%
Selenium	110 mcg	157%
Copper	2 mg	100%
Manganese	2 mg	100%
Chromium	120 mcg	100%
Lycopene	300 mcg	*

\*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**

†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.

**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.

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

Questions or comments? 1-888-287-1915



**CODE  
AREA**

• no varnish • no color

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