

THE VITAMIN SHOPPE®

ONE DAILY MEN'S

energy production[†]

stress support[†]

immune support[†]

MULTIVITAMIN • MULTIMINERAL

Dietary Supplement

60 Tablets



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	20 mg NE	125%
Vitamin B6 (as pyridoxine HCl)	25 mg	1470%
Folate	680 mcg DFE (400 mcg folic acid)	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%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc sulfate)	20 mg	180%
Selenium (as selenium amino acid chelate)	150 mcg	270%

	Amount Per Serving	% Daily Value
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 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.

[†] 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.

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).

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.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

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Vitamin Shoppe, Inc.
Secaucus, NJ 07094
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Item No. VS-3115

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