

THE VITAMIN SHOPPE®

ONE DAILY MEN'S 50+

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)	2250 mcg RAE (7500 IU)	250%
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%
Thiamine (Vitamin B1) (as thiamine mononitrate)	20 mg	1670%
Riboflavin (Vitamin B2)	20 mg	1540%
Niacin	30 mg NE	190%
Vitamin B6 (as pyridoxine HCl)	15 mg	880%
Folate (as folic acid) (400 mcg folic acid)	680 mg DFE	170%
Vitamin B12 (as cyanocobalamin)	25 mcg	1040%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Choline (as choline bitartrate)	25 mg	4%
Calcium (as calcium carbonate and dicalcium phosphate)	120 mg	10%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	25%

	Amount Per Serving	% Daily Value
Zinc (as zinc sulfate)	20 mg	180%
Selenium (as amino acid chelate)	100 mcg	180%
Copper (as copper sulfate)	2 mg	220%
Manganese (as manganese sulfate)	5 mg	220%
Chromium (as chromium picolinate)	120 mcg	345%
Molybdenum (as amino acid chelate)	75 mcg	170%
Potassium (as potassium chloride)	75 mg	2%
Saw Palmetto Extract (<i>Serenoa repens</i>) (berry)	320 mg	*
Inositol	25 mg	*
Lycopene	5 mg	*
Lutein	5 mg	*
Boron (as boron amino acid complex)	1 mg	*

*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, croscarmellose sodium, stearic acid, aqueous coating, silicon dioxide, magnesium stearate, riboflavin (for color), titanium dioxide (for color), spirulina extract (for 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.

Distributed by:
Vitamin Shoppe, Inc.
Secaucus, NJ 07094
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Item No. VS-3121

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