

**A COMPLETE MULTIVITAMIN
NOW IN A SMALLER,
EASIER-TO-SWALLOW TABLET****

One A Day® Men's Formula is a complete multivitamin specially formulated for key health concerns of men. It contains high potency B Vitamins to help unlock your physical and mental energy‡, and key nutrients to support heart health† as well as Vitamin D and Magnesium which help support healthy blood pressure.††*

NO Artificial Flavors • Artificial Colors
Artificial Sweeteners

Formulated to Support*:



CELL HEALTH
with Vitamins A, C & E



HEART HEALTH†
with Folic Acid, Vitamins B6
& B12



IMMUNE HEALTH
with Vitamins A, C, D, E,
Selenium & Zinc



**HEALTHY BLOOD
PRESSURE††**
with Vitamin D & Magnesium



**HEALTHY MUSCLE
FUNCTION**
with Vitamin D



**HEALTHY ENERGY
METABOLISM‡**
with B Vitamins

NEW Formula!*
45% Smaller Tablet****

ONE A DAY®

MULTIVITAMIN/MULTIMINERAL
SUPPLEMENT

MEN'S
Complete Multivitamin



**40
TABLETS**

Directions: Adults: One tablet daily, with food.

Supplement Facts

Serving Size: One Tablet

	Amount Per Serving	% Daily Value
Vitamin A	900 mcg	100%
Vitamin C	90 mg	100%
Vitamin D	25 mcg (1000 IU)	125%
Vitamin E	15 mg	100%
Thiamin (B ₁)	3 mg	250%
Riboflavin (B ₂)	2.6 mg	200%
Niacin	32 mg	200%
Vitamin B ₆	3.4 mg	200%
Folate	665 mcg DFE (400 mcg folic acid)	166%
Vitamin B ₁₂	15 mcg	625%
Biotin	45 mcg	150%
Pantothenic Acid	7.5 mg	150%
Calcium	130 mg	10%
Iron	0 mg	0%
Magnesium	42 mg	10%
Zinc	11 mg	100%
Selenium	41 mcg	75%
Copper	1.35 mg	150%

Ingredients: Calcium Carbonate, Microcrystalline Cellulose, Ascorbic Acid, Magnesium Oxide, dl-Alpha-Tocopherol Acetate, Niacinamide, Gelatin, Maltodextrin, Corn Starch; Less than 2% of: Biotin, Cholecalciferol, Copper Sulfate, Croscarmellose Sodium, Cyanocobalamin, D-Calcium Pantothenate, Folic Acid, Guar Gum, Hydroxypropyl Methylcellulose, Medium Chain Triglycerides, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Selenite, Stearic Acid, Talc, Thiamine Mononitrate, Vitamin A Acetate, Zinc Oxide.

If pregnant, breast-feeding, taking medication, or have any medical condition ask a health professional before use.

**KEEP OUT OF REACH OF CHILDREN
CHILD RESISTANT CAP**

Do not exceed recommended intake

For Adult Use Only

Not for children

‡With B Vitamins to help convert food to fuel

***Compared to previous One A Day Men's Complete Multivitamin Tablet

†Not a replacement for heart medications

††To help support blood pressure levels already within the normal range

Does Not Contain Iron

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Do not use if printed safety seal bearing "Bayer HealthCare" under cap is torn or missing.

Store at room temperature. Avoid excessive heat above 40°C (104°F).

Questions or comments?
Please text or call 1-800-800-4793
(Mon-Fri 9AM - 5PM EST)

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