

Directions: Adults: Two tablets daily, with food.

### Supplement Facts

Serving Size: Two tablets  
Servings Per Container: 75

	Amount Per Serving	% Daily Value
Vitamin A (11% as beta-carotene)	670 mcg	74%
Vitamin C	90 mg	100%
Vitamin D	30 mcg (1200 IU)	150%
Vitamin K	0 mcg	0%
Thiamin (B <sub>1</sub> )	1.2 mg	100%
Riboflavin (B <sub>2</sub> )	1.7 mg	131%
Niacin	20 mg	125%
Vitamin B <sub>6</sub>	2 mg	118%
Folate (400 mcg folic acid)	665 mcg DFE	166%
Vitamin B <sub>12</sub>	50 mcg	2083%
Biotin	30 mcg	100%
Pantothenic Acid	10 mg	200%
Calcium	500 mg	38%
Iodine	150 mcg	100%
Magnesium	100 mg	24%
Zinc	15 mg	136%
Selenium	55 mcg	100%
Copper	1 mg	111%
Manganese	2 mg	87%
Chromium	24 mcg	69%

Ingredients: Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Maltodextrin, Croscarmellose Sodium; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Copper Sulfate, Cyanocobalamin, D-Calcium Pantothenate, FD&C Yellow #6 Aluminum Lake, Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Manganese Sulfate, Mica (color), Nicotinamide, Polyethylene Glycol, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Selenite, Stearic Acid, Thiamine Mononitrate, Titanium Dioxide (color), Vitamin A Acetate, Zinc Oxide.

### Only\* Complete Multivitamin Specially Formulated for this Age:

- Excellent Source of Vitamin D – which is harder to get from the sun as you age
- High Potency Vitamin B<sub>12</sub> – which at this age is easier to absorb from a supplement or fortified food, than B<sub>12</sub> found naturally in food
- Formulated without Vitamin K for those who have been instructed by their physician to avoid this vitamin

#### Formulated to Support\*:

Healthy Blood Pressure <sup>††</sup>	with Vitamin C, Calcium, Magnesium and Vitamin D
Bone Health	with Calcium, Magnesium and Vitamin D
Physical Energy	with B-Vitamins to help convert food to fuel
Cell Health	with Antioxidants: Vitamins A, C, Zinc, Manganese, Copper and Selenium
Heart Health <sup>**</sup>	with Vitamins B <sub>6</sub> , B <sub>12</sub> and Folic Acid

<sup>†</sup>50% smaller than One A Day® Women's 50+ Complete Multivitamin  
<sup>††</sup>To help support blood pressure levels already within the normal range  
<sup>\*\*</sup>Not a replacement for heart medications  
<sup>‡</sup>Among leading brands

\*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.

#### For Adult Use Only

Not for children

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

KEEP OUT OF REACH OF CHILDREN

Do not exceed recommended intake

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

# ONE A DAY.

## PROACTIVE 65+ FOR MEN & WOMEN

One A Day® Proactive 65+ is the only\* complete multivitamin specially formulated for men and women 65+ with key nutrients important for this age.

#### Formulated With:

- Excellent Source of Vitamin D
- High Potency Vitamin B<sub>12</sub>
- And other key nutrients

Formulated without Vitamin K for those who have been instructed by their physician to avoid this vitamin

FREE OF: Artificial Sweeteners and Artificial Flavors and Dairy (Milk) and Wheat Allergens

EASY TO SWALLOW  
MINI TABLETS<sup>†</sup>

# ONE A DAY.

MULTIVITAMIN/MULTIMINERAL  
SUPPLEMENT

## PROACTIVE 65+ FOR MEN & WOMEN

Only\* Complete Multivitamin  
Specially Formulated for this Age

- Excellent Source of Vitamin D
- High Potency Vitamin B<sub>12</sub>
- Does Not Contain Vitamin K

NO Artificial Sweeteners or Flavors

150  
TABLETS



LOT/EXP

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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