

ONE A DAY **MEN'S**

FREE OF: Artificial Colors, Artificial Flavors and Artificial Sweeteners and Fish/Shellfish, Egg and Dairy Allergens

Directions: Adults: One tablet daily, with food.

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A	900 mcg	100%	Pantothenic Acid	15.5 mg	310%
(10% as beta-carotene)			Calcium	210 mg	16%
Vitamin C	99 mg	110%	Iron	0 mg	0%
Vitamin D	25 mcg (1000 IU)	125%	Iodine	150 mcg	100%
Vitamin E	15 mg	100%	Magnesium	120 mg	29%
Vitamin K	30 mcg	25%	Zinc	11 mg	100%
Thiamin (B ₁)	1.32 mg	110%	Selenium	55 mcg	100%
Riboflavin (B ₂)	1.43 mg	110%	Copper	0.9 mg	100%
Niacin	17.6 mg	110%	Manganese	2.3 mg	100%
Vitamin B ₆	2.17 mg	128%	Chromium	35 mcg	100%
Folate	400 mcg DFE	100%	Lycopene	300 mcg	*
(240 mcg folic acid)					
Vitamin B ₁₂	6.24 mcg	260%			
Biotin	43 mcg	143%			

Ingredients: Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Maltodextrin, dl-Alpha-Tocopheryl Acetate; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Copper Sulfate, Croscarmellose Sodium, Cyanocobalamin, D-Calcium Pantothenate, Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Inulin, Lycopene, Manganese Sulfate, Medium Chain Triglycerides, Niacinamide, Phylloquinone, Polydextrose, Polyvinylpyrrolidone, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Selenite, Stearic Acid, Talc, Thiamine Mononitrate, Triacetin, Vitamin A Acetate, Zinc Oxide.

ONE A DAY

**MULTIVITAMIN/MULTIMINERAL
SUPPLEMENT**

MEN'S
Complete Multivitamin



300 TABLETS

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

For Adult Use Only

Not for Children

Do not exceed recommended intake

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP

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? 1-800-800-4793

Does not contain Iron

Dist. by:

Bayer HealthCare LLC

Whippany, NJ 07981

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