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# ONE DAILY

## MEN'S MULTIVITAMIN

### SUPPORTS HEART & MALE REPRODUCTIVE HEALTH\*

100 Coated Caplets

DIETARY SUPPLEMENT

TO REORDER ITEM # 13046

## Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A 1,050 mcg (as Vitamin A Acetate and 14% as Beta-Carotene)	117%	Vitamin B-12 18 mcg (as Cyanocobalamin)	750%
Vitamin C 60 mg (as Ascorbic Acid)	67%	Biotin (as d-Biotin) 75 mcg	250%
Vitamin D 17.5 mcg (700 IU) (as D3 Cholecalciferol)	88%	Pantothenic Acid 16 mg (as d-Calcium Pantothenate)	320%
Vitamin E 10.125 mg (as dl-Alpha Tocopheryl Acetate)	68%	Calcium 210 mg (as Calcium Carbonate)	16%
Vitamin K 20 mcg (as Phytonadione)	17%	Magnesium 140 mg (as Magnesium Oxide)	33%
Thiamin 1.35 mg (Vitamin B-1) (as Thiamin Mononitrate)	113%	Zinc (as Zinc Oxide) 15 mg	136%
Riboflavin 1.7 mg (Vitamin B-2)	131%	Selenium 110 mcg (as Sodium Selenate)	200%
Niacin 18 mg (as Niacinamide)	113%	Copper 2 mg (as Cupric Oxide)	222%
Vitamin B-6 3 mg (as Pyridoxine Hydrochloride)	176%	Manganese 2 mg (as Manganese Sulfate)	87%
Folate 666 mcg DFE (400 mcg folic acid)	167%	Chromium 120 mcg (as Chromium Chloride)	343%
		Lycopene 300 mcg	**

\*\*Daily Value not established.

Other Ingredients: Vegetable Cellulose, Gelatin. Contains <2% of: Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

**DIRECTIONS:** For adult men, take one (1) caplet daily, preferably with a meal.

**WARNING:** This product is intended for use by men and is not intended for use by women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

\*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.

No Artificial Color or Flavor, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish.

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[www.puritan.com](http://www.puritan.com)  
1-800-645-1030

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