

ONE A DAY[®]

DIETARY SUPPLEMENT

Men's Health Formula

200 TABLETS

Directions: Adults: One tablet daily, with food.

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value
Vitamin A (14% as beta carotene)	3500 IU	70%
Vitamin C	90 mg	150%
Vitamin D	400 IU	100%
Vitamin E	45 IU	150%
Vitamin K	20 mcg	25%
Thiamin (B ₁)	1.2 mg	80%
Riboflavin (B ₂)	1.7 mg	100%
Niacin	16 mg	80%

	Amount Per Serving	% Daily Value
Vitamin B ₆	3 mg	150%
Folic Acid	400 mcg	100%
Vitamin B ₁₂	18 mcg	300%
Biotin	30 mcg	10%
Pantothenic Acid	5 mg	50%
Calcium (elemental)	210 mg	21%
Magnesium	120 mg	30%
Zinc	15 mg	100%
Selenium	105 mcg	150%

	Amount Per Serving	% Daily Value
Copper	2 mg	100%
Manganese	2 mg	100%
Chromium	120 mcg	100%
Potassium	100 mg	3%
Lycopene (<i>Lycopersicon esculentum</i>) (fruit)	0.6 mg	*

* Daily Value not established

INGREDIENTS: Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Cellulose, Ascorbic Acid, dl-Alpha Tocopheryl Acetate, Gelatin, Croscarmellose Sodium, Acacia, Dicalcium Phosphate, Zinc Oxide, Niacinamide, Stearic Acid, Silicon Dioxide, Dextrin, Magnesium Stearate, Starch, d-Calcium Pantothenate, Manganese Sulfate, Calcium Silicate, Pyridoxine Hydrochloride, Sucrose, Mannitol, Hydroxypropyl Methylcellulose, Cupric Oxide, Resin, Riboflavin, Thiamine Mononitrate, Vitamin A Acetate, Dextrose, Lecithin, Chromium Chloride, Lycopene, Sodium Carboxymethylcellulose, Folic Acid, Ascorbyl Palmitate, Beta Carotene, Sodium Selenate, Sodium Ascorbate, Sodium Citrate, dl-Alpha Tocopherol, Biotin, Phytonadione, Cyanocobalamin, Ergocalciferol.

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP

Do not use this product if safety seal bearing "SEALED for YOUR PROTECTION" under cap is torn or missing.

Questions or comments?
Please call 1-800-800-4793.
Visit our website at www.oneaday.com



Bayer

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EXPIRATION DATE: