

**FEEL your
BEST**

ONE A DAY[®]

HIGH POTENCY
MULTIVITAMIN /
MULTIMINERAL
SUPPLEMENT

60 TABLETS

Men's

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	5000 IU	100%	Iodine	150 mcg	100%
Vitamin C	90 mg	150%	Magnesium	• 100 mg	25%
Vitamin D	400 IU	100%	Zinc	• 15 mg	100%
Vitamin E	45 IU	150%	Selenium	• 87.5 mcg	125%
Thiamin (B ₁)	2.25 mg	150%	Copper	• 2 mg	100%
Riboflavin (B ₂)	2.55 mg	150%	Manganese	• 3.5 mg	175%
Niacin	20 mg	100%	Chromium	• 150 mcg	125%
Vitamin B ₆	3 mg	150%	Molybdenum	42 mcg	56%
Folic Acid	400 mcg	100%	Chloride	34 mg	1%
Vitamin B ₁₂	9 mcg	150%	Potassium	• 37.5 mg	1%
Pantothenic Acid	10 mg	100%			

INGREDIENTS: Magnesium Oxide, Dicalcium Phosphate, Nicotinamide Ascorbate, Potassium Chloride, Gelatin, d-alpha Tocopheryl Acetate, Zinc Sulfate, Cellulose, Ascorbic Acid, Croscarmellose Sodium, Croscopovidone, d-Calcium Pantothenate, Manganese Sulfate, Starch, Dextrin, Magnesium Stearate, Silicon Dioxide, Hydroxypropyl Methylcellulose, Titanium Dioxide, Cupric Sulfate, Pyridoxine Hydrochloride, Stearic Acid, Riboflavin, Polyethylene Glycol, Thiamine Mononitrate, Vitamin A Acetate, Dextrose, FD&C Yellow #6 Lake, Lecithin, Resin, Chromium Chloride, Beta Carotene, FD&C Yellow #5 (tartrazine) Lake, Folic Acid, Sodium Selenate, Potassium Iodide, Sodium Molybdate, FD&C Blue #2 Lake, Cholecalciferol, Cyanocobalamin.

KEEP OUT OF THE REACH OF CHILDREN

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

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

Bayer 

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FRESHNESS GUARANTEED THROUGH: