

KEEP OUT OF REACH OF CHILDREN

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

CHILD RESISTANT CAP

Do not use if foil seal is torn or missing.

Store at room temperature. Avoid excessive heat.

Questions or comments? Please text or call 1-800-800-4793 (Mon-Fri 9AM-5PM EST)

Pat.: patents.livewell.bayer.com

Bayer, the Bayer Cross and One A Day are registered trademarks of Bayer.

Dist. by: Bayer HealthCare LLC

Whippany, NJ 07981

©2023 Bayer.



R52126

Bayer

ONE **A** DAY®

MEN'S DAILY ESSENTIALS

Formulated with Key Nutrients to Support:

Immune & Heart Health*, Healthy Brain Function,
Healthy Muscle Function and Physical Energy*



multivitamin/multimineral supplement

150 Tablets

*With 3 Vitamins to help convert food to fuel

*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.

Directions: Adults: Take one tablet daily, with food.

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A	1050 mcg	117%	Vitamin B ₁₂	18 mcg	750%
(14% as beta-carotene)			Biotin	75 mcg	250%
Vitamin C	60 mg	67%	Pantothenic Acid	16 mg	320%
Vitamin D	17.5 mcg (700 IU)	88%	Calcium	210 mg	16%
Vitamin E	10.1 mg	67%	Magnesium	140 mg	33%
Vitamin K	20 mcg	17%	Zinc	15 mg	136%
Thiamin (B ₁)	1.35 mg	113%	Selenium	110 mcg	200%
Riboflavin (B ₂)	1.7 mg	131%	Copper	2 mg	222%
Niacin	18 mg	113%	Manganese	2 mg	87%
Vitamin B ₆	3 mg	176%	Chromium	120 mcg	343%
Folate	665 mcg DFE	166%			
(400 mcg folic acid)			Lycopene	300 mcg	*

*Daily Value not established.

Ingredients: Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Croscarmellose Sodium, Stearic Acid, Dicalcium Phosphate, Gelatin; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Citric Acid, Cupric Oxide, Cyanocobalamin, D-Calcium Pantothenate, di-Alpha-Tocopheryl Acetate, Folic Acid, Hydroxypropyl Methylcellulose, Lycopene, Magnesium Stearate, Manganese Sulfate, Niacinamide, Phylloquinone, Polyethylene Glycol, Polyvinylpolypyrrolidone, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Lauryl Sulfate, Sodium Selenate, Talc, Thiamine Mononitrate, Vitamin A Acetate, White Mineral Oil, Zinc Oxide.