

DIRECTIONS: Take 1 tablet daily with food as a dietary supplement or as directed by a healthcare professional.



KEEP OUT OF REACH OF CHILDREN.
Protect from heat, light & moisture.
Store in a cool, dry place.
Do not purchase if seal is broken.



†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

ITEM: 097NL



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Daily One for Men 50+ Multivitamin & Mineral

**MEN'S HEALTH[†]
GENERAL WELLNESS[†]**

90 TABLETS | DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate 29% beta carotene) ...	1,350 mcg	150%
Vitamin C (as ascorbic acid)	120 mg	133%
Vitamin D3 (as cholecalciferol)	25 mcg	125%
Vitamin E (as di-alpha tocopheryl acetate)...	17.6 mg	117%
Vitamin K1 (as phylloquinone)	60 mcg	50%
Vitamin B1 (as thiamin mononitrate)	1.5 mg	125%
Vitamin B2 (as riboflavin)	1.7 mg	131%
Vitamin B3 (as niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxine HCl)	6 mg	353%
Folate	500 mcg DFE (300 mcg Folic Acid)	125%
Vitamin B12 (as cyanocobalamin)	100 mcg	4,167%
Biotin	30 mcg	100%
Pantothenic acid (as calcium D-pantothenate)	10 mg	200%
Calcium (as calcium carbonate and dicalcium phosphate) ..	210 mg	16%
Phosphorus (as dicalcium phosphate)	20 mg	2%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	75 mg	18%
Zinc (as zinc oxide)	15 mg	136%
Selenium (as selenium chelate)	21 mcg	38%
Copper (as cupric oxide)	0.5 mg	56%
Manganese (as manganese sulfate)	4 mg	174%
Chromium (as chromium amino acid chelate)	60 mcg	171%
Molybdenum (as sodium molybdate)	50 mcg	111%
Potassium (as potassium chloride)	80 mg	2%
Lutein (from marigold flower extract)	300 mcg	*
Lycopene (from tomato)	600 mcg	*

*Daily value not established.

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**NO SUGAR, WHEAT, SOY, MILK
ARTIFICIAL COLORS,
FLAVORS OR PRESERVATIVES**

NON GMO - GLUTEN FREE

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, silica, magnesium stearate, coating (hydroxypropylmethylcellulose, glycerin)

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