

WITH HEART HEALTH  
SUPPORT<sup>†\*</sup>

OFFICIAL SPONSOR



**ONE A DAY<sup>®</sup>**  
**MEN'S**

MULTIVITAMIN/MULTIMINERAL  
SUPPLEMENT

**MEN'S  
HEALTH  
FORMULA**

**100 TABLETS**



\*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.

†Not a replacement for heart medications.

**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	60 mg	100%
Vitamin D (as Vitamin D <sub>3</sub> )	700 IU	175%
Vitamin E	22.5 IU	75%
Vitamin K	20 mcg	25%
Thiamin (B1)	↑ 1.35 mg	90%
Riboflavin (B2)	1.7 mg	100%

	Amount Per Serving	% Daily Value
Niacin	↑ 18 mg	90%
Vitamin B6	3 mg	150%
Folic Acid	400 mcg	100%
Vitamin B12	18 mcg	300%
Biotin	↑ 75 mcg	25%
Pantothenic Acid	↑ 16 mg	160%
Calcium (elemental)	210 mg	21%
Iron	0 mg	0%

	Amount Per Serving	% Daily Value
Magnesium	↑ 140 mg	35%
Zinc	15 mg	100%
Selenium	110 mcg	157%
Copper	2 mg	100%
Manganese	2 mg	100%
Chromium	120 mcg	100%
Lycopene	300 mcg	*

\*Daily Value not established.

**INGREDIENTS:** Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Croscarmellose Sodium; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Crospovidone, Cupric Oxide, Cyanocobalamin, D-Calcium Pantothenate, dl-Alpha-Tocopheryl Acetate, Folic Acid, Hydroxypropyl Methylcellulose, Lycopene, Manganese Sulfate, Niacinamide, Phytonadione, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Selenite, Stearic Acid, Thiamine Mononitrate, Triacetin, Vitamin A Acetate, Zinc Oxide.

**KEEP OUT OF REACH OF CHILDREN  
CHILD RESISTANT CAP**

Do not use this product if printed safety seal bearing "Bayer HealthCare" under cap is torn or missing.

**Questions?** 1-800-800-4793 or [www.oneaday.com](http://www.oneaday.com)

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Morristown, NJ 07960

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