



One Daily Men's

multivitamin • multimineral
2000 IU vitamin D3

immune[▼]

antioxidant[▼]

energy production[▼]

180 Tablets • Dietary Supplement

gluten
free

dairy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	5000 IU	100%
Vitamin C (as ascorbic acid)	100 mg	167%
Vitamin D3 (as cholecalciferol)	2000 IU	500%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU	100%
Vitamin K (as phytonadione)	45 mcg	56%
Thiamin (Vitamin B1) (as thiamin mononitrate)	25 mg	1667%
Riboflavin (Vitamin B2)	25 mg	1471%
Niacin (Vitamin B3)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	25 mg	250%
Calcium (as calcium carbonate and dicalcium phosphate)	123 mg	12%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc sulfate)	20 mg	133%
Selenium (as amino acid chelate)	150 mcg	214%
Copper (as copper sulfate)	2 mg	100%
Manganese (as manganese sulfate)	5 mg	250%
Chromium (as chromium picolinate)	120 mcg	100%

	Amount Per Serving	% Daily Value
Molybdenum (as amino acid chelate)	75 mcg	100%
Potassium (as potassium chloride)	75 mg	2%
Boron (as boron citrate)	1 mg	*
Lutein	250 mcg	*
Saw Palmetto (<i>Serenoa repens</i>)(berry)	80 mg	*
Choline (as choline bitartrate)	25 mg	*
Antioxidant Health Blend	25 mg	*
8.33 mg Trans Resveratrol		
8.33 mg <i>Rhodiola rosea</i> Extract (root)		
8.33 mg Coenzyme Q10		
Inositol	25 mg	*
Citrus Bioflavonoids (citrus spp.)(peel)	25 mg	*
Lycopene (from tomato extract)	350 mcg	*
Black Pepper Extract (fruit)	5 mg	*

*Daily Value not established.

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, silicon dioxide, hypromellose, titanium dioxide, glycerin, red cabbage, pharmaceutical glaze.

Contains: Soy

Does not contain: Yeast, Wheat, Gluten, Salt, Dairy, Fish, Preservatives, Artificial Colors or Flavors.

DIRECTIONS: As a dietary supplement, take one (1) tablet daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are taking any medication or have any medical conditions.

▼ 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.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal
is broken or missing.

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