



One Daily Men's

**multivitamin • multimineral
2000 IU vitamin D3**

immune^v

antioxidant^v

energy production^v

60 Tablets • Dietary Supplement

gluten
free

dairy
free

nut
free

actual size

Supplement Facts Serving Size 1 Tablet, Vitamin A (as beta carotene) 5000 IU (100% DV), Vitamin C (as ascorbic acid) 100 mg (167% DV), Vitamin D3 (as cholecalciferol) 2000 IU (500% DV), Vitamin E (as d-alpha tocopheryl succinate) 30 IU (100% DV), Vitamin K (as phytonadione) 45 mcg (56% DV), Thiamin (Vitamin B1) (as thiamin mononitrate) 25 mg (1667% DV), Riboflavin (Vitamin B2) 25 mg (1471%), Niacin (Vitamin B3) 20 mg (100% DV), Vitamin B6 (as pyridoxine HCl) 25 mg (1250% DV), Folic Acid 400 mcg (100% DV), Vitamin B12 (as cyanocobalamin) 100 mcg (1667% DV), Biotin 300 mcg (100% DV), Pantothenic Acid (as d-calcium pantothenate) 25 mg (250% DV), Calcium (as calcium carbonate and dicalcium phosphate) 123 mg (12% DV), Iodine (from kelp) 150 mcg (100% DV), Magnesium (as magnesium oxide) 100 mg (25% DV), Zinc (as zinc sulfate) 20 mg (133% DV), Selenium (as amino acid chelate) 150 mcg (214% DV), Copper (as copper sulfate) 2 mg (100% DV), Manganese (as manganese sulfate) 5 mg (250% DV), Chromium (as chromium picolinate) 120 mcg (100% DV), Molybdenum (as amino acid chelate) 75 mcg (100% DV), Potassium (as potassium chloride) 75 mg (2% DV), Boron (as boron citrate) 1 mg (* DV), Lutein 250 mcg (* DV), Saw Palmetto (*Serenoa repens*)(berry) 80 mg (* DV), Choline (as choline bitartrate) 25 mg (* DV), **Antioxidant Health Blend:** 25 mg (* DV), (Trans Resveratrol 8.33 mg, *Rhodiola rosea* 8.33 mg, Coenzyme Q10 8.33 mg), Inositol 25 mg (* DV), Citrus Bioflavonoids (citrus spp.)(peel) 25 mg (* DV), Lycopene (from tomato extract) 350 mcg (* DV), Black Pepper Extract (fruit) 5 mg (* DV) *Daily Value not established.

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

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

Contains: Soy

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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