

Do not use if
printed seal
under cap
is broken
or missing

Oil- and
Water-Soluble
Vitamins with
Minerals
Tablets.

exchange select



MEN'S

ONE DAILY

HEALTH FORMULA

Compare to the ingredients
of One A Day® Men's Health Formula

USPTablets

Multivitamin/Multimineral Supplement

100 TABLETS

Made to U.S.
Pharmacopoeia
(USP) quality,
purity and potency
standards.
Laboratory tested
to dissolve within
60 minutes.

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	700 IU	175%
Vitamin E	22.5 IU	75%
Vitamin K	20 mcg	25%
Thiamin	1.2 mg	80%
Riboflavin	1.7 mg	100%
Niacin	16 mg	80%

	Amount Per Serving	% Daily Value
Vitamin B6	3 mg	150%
Folic Acid	400 mcg	100%
Vitamin B12	18 mcg	300%
Biotin	30 mcg	10%
Pantothenic Acid	5 mg	50%
Calcium (elemental)	210 mg	21%
Iron	0 mg	0%
Magnesium	120 mg	30%
Zinc	15 mg	100%

	Amount Per Serving	% Daily Value
Selenium	110 mcg	157%
Copper	2 mg	100%
Manganese	2 mg	100%
Chromium	120 mcg	100%
Lycopene	300 mcg	*

*Daily Value not established.

INGREDIENTS: Dicalcium Phosphate, Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Gelatin, Croscarmellose Sodium, dl-Alpha Tocopheryl Acetate, Stearic Acid, Calcium Silicate, Zinc Oxide, Niacinamide, Dextrin, Magnesium Stearate, Manganese Sulfate, Calcium Pantothenate, Pyridoxine Hydrochloride, Dextrose, Cupric Oxide, Riboflavin, Thiamin Mononitrate, Vitamin A Acetate, Lecithin, Sodium Carboxymethylcellulose, Folic Acid, Lycopene, Chromium Chloride, Beta-Carotene, Sodium Selenate, Sodium Citrate, Biotin, Phytanadione, Cholecalciferol, Cyanocobalamin. **CONTAINS: SOY**

If you are taking any medication or are planning any medical procedure, consult a doctor before taking this product.

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP

Store in a dry place at room temperature (59°-86°F).

Questions or comments?

1-866-703-4222

Actual Tablet Size



**SATISFACTION GUARANTEED
OR YOUR MONEY BACK**

Manufactured For: Your Military Exchanges
By: Perrigo Company
Allegan, MI USA 49010

FRESHNESS AND POTENCY
GUARANTEED THROUGH:

: 3C37A CZ FL