

Suggested use: Take one tablet daily with a full glass of water, preferably after a meal.

Keep out of the reach of children. Keep in a cool dry place, tightly closed.

Oil- and Water-soluble Vitamins with Minerals Tablets USP.

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equaline™

compare to
One A Day®
Men's Health Formula†

one daily men's health formula

with extra antioxidants
dietary supplement

100 tablets



USP has tested and verified ingredients, potency, and manufacturing process. USP sets official standards for dietary supplements. See www.uspverified.org

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% Daily Value
Vitamin A 3500 I.U.	70%
(14% as Beta Carotene)	
Vitamin C 90 mg	150%
Vitamin D 400 I.U.	100%
Vitamin E 45 I.U.	150%
Vitamin K 20 mcg	25%
Thiamin (Vitamin B1) 1.2 mg	80%
Riboflavin (Vitamin B2) 1.7 mg	100%
Niacin 16 mg	80%
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 210 mg	21%
Magnesium 120 mg	30%
Zinc 15 mg	100%
Selenium 105 mcg	150%
Copper 2 mg	100%
Manganese 2 mg	100%
Chromium 120 mcg	100%
Potassium 100 mg	3%
Lycopene 0.6 mg	*

*Daily Value (DV) not established.

INGREDIENTS: Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Cellulose, Ascorbic Acid, Gelatin, di-Alpha To-

copheryl Acetate, Maltodextrin, Croscarmellose Sodium, Dicalcium Phosphate, Zinc Oxide, Niacinamide, Stearic Acid, Magnesium Stearate, Corn Starch, Silicon Dioxide, d-Calcium Pantothenate, Manganese Sulfate, Pyridoxine Hydrochloride, Povidone, Hypromellose, Cupric Oxide, Polyethylene Glycol, Glucose, Riboflavin, Sucrose, Thiamine Mononitrate, Vitamin A Acetate, Chromium Chloride, Lycopene, Acacia, Folic Acid, Beta Carotene, Sodium Selenate, Tricalcium Phosphate, Sodium Ascorbate, Tocopherols, Biotin, Phytonadione, Cyanocobalamin, Ergocalciferol, Ascorbyl Palmitate.

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guarantee the quality
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