

PL424

New Coated Tablet
Easier To Swallow

ACTUAL SIZE

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Longs
WELLNESS

*Compare to One A Day®
Men's Health Formula*

One Daily™

Men's Health Formula with Extra Antioxidants

Advanced Vitamin and Mineral Supplement for Men

Dietary Supplement

100 TABLETS

**WITH
LYCOPENE**


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	% DV	Each Tablet Contains	% DV
Vitamin A 3500 I.U.70%		Pantothenic Acid 5 mg.....50%	
(14% as Beta Carotene)		Calcium 210 mg.....21%	
Vitamin C 90 mg150%		Magnesium 120 mg.....30%	
Vitamin D 400 I.U.100%		Zinc 15 mg.....100%	
Vitamin E 45 I.U.150%		Selenium 105 mcg.....150%	
Vitamin K 20 mcg25%		Copper 2 mg.....100%	
Thiamin (Vit. B1) 1.2 mg60%		Manganese 2 mg.....100%	
Riboflavin (Vit. B2) 1.7 mg100%		Chromium 120 mcg.....100%	
Niacin 16 mg80%		Potassium 100 mg.....3%	
Vitamin B6 3 mg150%		Lycopene 0.6 mg.....*	
Folic Acid 400 mcg100%			
Vitamin B12 18 mcg300%			
Biotin 30 mcg10%			

*Daily Value (DV) not established.

INGREDIENTS: Calcium Carbonate, Potassium Chloride, Magnesium Oxide, Cellulose, Ascorbic Acid, Corn Starch, dl-Alpha Tocopheryl Acetate, Croscarmellose Sodium, Dicalcium Phosphate, Zinc Oxide, Niacinamide, Maltodextrin, Stearic Acid, Acacia, Magnesium Stearate, Gelatin, Silicon Dioxide, d-Calcium Pantothenate, Manganese Sulfate, Pyridoxine Hydrochloride, Sucrose, Povidone, Hypromellose, Cupric Oxide, Polyethylene Glycol, Glucose, Riboflavin, Vitamin A Acetate, Thiamine Mononitrate, Chromium Chloride, Lycopene, Folic Acid, Ascorbyl Palmitate, Sodium Selenate, Beta Carotene, Sodium Ascorbate, dl-Alpha Tocopherol, Biotin, Phytanadione, Cyanocobalamin, Tricalcium Phosphate, Ergocalciferol.

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.



Distributed by Longs Drugs, Walnut Creek, CA 94596. For further information contact 1-800-TO-LONGS or Longs.com ■■■

LNG7910BC06
FRESHNESS AND POTENCY GUARANTEED THROUGH: