

NO LACTOSE
NO GLUTEN

SAFETY SEALED. DO NOT USE
IF PRINTED SEAL UNDER CAP
IS CUT, TORN, OR MISSING.

†One A Day® Men's is distributed
by Bayer HealthCare LLC.

Warning: Individuals taking
medication(s) or persons who
have a health condition should
consult their physician before
using this product.



COMPARE TO ONE A DAY® MEN'S†

Men's Daily

with Lycopene
Multivitamin/Multimineral

Essential nutrition
for men

Dietary Supplement

100
TABLETS



Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% Daily Value
Vitamin A 3500 IU (14% as beta-carotene)	70%
Vitamin C 60 mg	100%
Vitamin D ₃ 700 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%
Vitamin B ₆ 3 mg	150%
Folate 400 mcg	100%
Vitamin B ₁₂ 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 110 mcg	157%
Copper 2 mg	100%
Manganese 2 mg	100%
Chromium 120 mcg	100%
Lycopene 300 mcg	*

*Daily Value not established.

INGREDIENTS: Calcium Carbonate, Magnesium Oxide, Ascorbic Acid, *d*-Alpha Tocopheryl Acetate, Croscarmellose Sodium, Microcrystalline Cellulose, Crospovidone, Stearic Acid, Zinc Oxide, Niacinamide, Chromium Chloride, Sodium Selenate, Silicon Dioxide, Cholecalciferol, Hydroxypropyl Methylcellulose, Retinyl Acetate, Magnesium Stearate, Lycopene, Manganese Sulfate, *d*-Calcium Pantothenate, Pyridoxine Hydrochloride, Biotin, Cupric Oxide, Cyanocobalamin, Beta-Carotene, Riboflavin, Thiamine Mononitrate, Folic Acid, Phytonadione, Polyethylene Glycol, Carnauba Wax. May contain acacia, ascorbyl palmitate, BHT, corn oil, cornstarch, dicalcium phosphate, *d*-alpha tocopherol, gelatin (porcine & avian), glucose, gum arabic, maltodextrin, medium chain triglycerides, modified food starch, sodium ascorbate, sodium benzoate, sodium chloride, sorbic acid, sucrose, vegetable oil.

Directions: Adults - Take one tablet daily with food as a dietary supplement.

Keep out of the reach of children.

Store at 15° - 30°C (59° - 86°F).

PROUDLY DISTRIBUTED BY:

HARRIS TEETER, INC., MATTHEWS, NC 28105

your *plus* guarantee.

1-800-432-6111 or harristeeter.com

FRESHNESS AND POTENCY GUARANTEED THROUGHOUT.

135343
518360ah
HT645523