



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

# One Daily Men's Health Formula

MULTIVITAMIN/  
MULTIMINERAL  
SUPPLEMENT

Actual Product Size on Side Panel

100 TABLETS

Directions: Adults: One tablet daily, with food.

DO NOT USE IF PRINTED SEAL UNDER CAP IS BROKEN OR MISSING

## Supplement Facts

Serving Size: One tablet

| Amount Per Serving                  | % Daily Value | Amount Per Serving     | % Daily Value | Amount Per Serving | % Daily Value |
|-------------------------------------|---------------|------------------------|---------------|--------------------|---------------|
| Vitamin A<br>(14% as beta-carotene) | 3500 IU 70%   | Vitamin B6             | 3 mg 150%     | Zinc               | 15 mg 100%    |
| Vitamin C                           | 60 mg 100%    | Folic Acid             | 400 mcg 100%  | Selenium           | 110 mcg 157%  |
| Vitamin D                           | 700 IU 175%   | Vitamin B12            | 18 mcg 300%   | Copper             | 2 mg 100%     |
| Vitamin E                           | 22.5 IU 75%   | Biotin                 | 75 mcg 25%    | Manganese          | 2 mg 100%     |
| Vitamin K                           | 20 mcg 25%    | Pantothenic Acid       | 16 mg 160%    | Chromium           | 120 mcg 100%  |
| Thiamin                             | 1.35 mg 90%   | Calcium<br>(elemental) | 210 mg 21%    | Lycopene           | 300 mcg *     |
| Riboflavin                          | 1.7 mg 100%   | Magnesium              | 140 mg 35%    |                    |               |
| Niacin                              | 18 mg 90%     |                        |               |                    |               |

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

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Caution: If you are taking any medication or have a medical condition, consult a doctor before taking this product. If you are pregnant or nursing a baby, ask a doctor before using this product.

Keep out of reach of children.

CHILD RESISTANT CAP

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

\*\*This product is not manufactured or distributed by Bayer HealthCare LLC, distributor of One A Day® Men's Health Formula.

Actual Size

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