



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

# men's daily multivitamin

700 IU vitamin D



helps support:  
• heart health\*\*  
• normal blood pressure\*\*  
• immune health\*\*  
• energy metabolism\*\*

\*Blood pressure levels already  
within the normal range.

300 TABLETS DIETARY SUPPLEMENT

\*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

ACTUAL  
SIZE

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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	
Vitamin A (14% as beta-carotene)	3500 IU	70%	Vitamin B6	3 mg	150%
Vitamin C	60 mg	100%	Folic Acid	400 mcg	100%
Vitamin D	700 IU	175%	Vitamin B12	18 mcg	300%
Vitamin E	22.5 IU	75%	Biotin	75 mcg	25%
Vitamin K	20 mcg	25%	Pantothenic Acid	16 mg	160%
Thiamin	1.35 mg	90%	Calcium (elemental)	210 mg	21%
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, dl-Alpha Tocopheryl Acetate, Calcium Panthothenate, Nicotinamide, Calcium Silicate, Zinc Oxide, Dextrin, Magnesium Stearate, Manganese Sulfate, Pyridoxine Hydrochloride, Dextrose, Calcium Citrate, Thiamine Mononitrate, Riboflavin, Vitamin A Acetate, Lecithin, Sodium Carboxymethylcellulose, Folic Acid, Lycopene, Chromium Chloride, Beta-Carotene, Sodium Selenate, Sodium Citrate, Biotin, Phytonadione, Cholecalciferol, Cyanocobalamin. **CONTAINS: SOY**

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).

Questions? Call 1-888-547-7400

084 02 0510 R01 ID:285411

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**GLUTEN FREE**

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	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	
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 (DV) not established.

**INGREDIENTS:** Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Croscarmellose Sodium, Gelatin, dl-Alpha Tocopheryl Acetate, Calcium Panthothenate, Nicotinamide, Calcium Silicate, Zinc Oxide, Dextrin, Magnesium Stearate, Manganese Sulfate, Pyridoxine Hydrochloride, Dextrose, Calcium Citrate, Thiamine Mononitrate, Riboflavin, Vitamin A Acetate, Lecithin, Sodium Carboxymethylcellulose, Folic Acid, Lycopene, Chromium Chloride, Beta-Carotene, Sodium Selenate, Sodium Citrate, Biotin, Phytonadione, Cholecalciferol, Cyanocobalamin.

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