

NO COATING  
ON INK

**ONE A DAY**

**complete multivitamin  
for teen boys to support:\***

- **healthy muscle function**  
with magnesium
- **healthy immune system** with  
vitamins C and E, beta-carotene,  
zinc, iron and selenium
- **bone strength** with calcium,  
vitamin D, and magnesium
- **energy through the conversion  
of food to fuel** with vitamins  
B6 and B12, thiamin, riboflavin,  
and niacin

**An excellent source of magnesium**

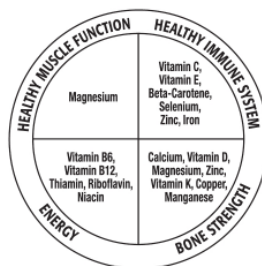
**INGREDIENTS:** Calcium Carbonate, Magnesium Oxide, Ascorbic Acid, Cellulose, Dicalcium Phosphate, Nicotinamide, dl-Alpha-Tocopheryl Acetate, Ferrous Fumarate, Croscarmellose Sodium, Zinc Oxide, Gelatin, Polyvinyl Alcohol, Maltodextrin, D-Calcium Pantothenate, Acacia, Polyethylene Glycol, Corn Starch, Pyridoxine Hydrochloride, Magnesium Stearate, Manganese Sulfate, Talc, Cupric Sulfate, Riboflavin, Thiamine Mononitrate, Hypromellose, Titanium Dioxide (color), Artificial Flavor, Calcium Silicate, FD&C Blue #1 Lake, FD&C Blue #2 Lake, Silicon Dioxide, Glucose, Vitamin A Acetate, Chromium Chloride, Folic Acid, Biotin, Beta-Carotene, Sodium Selenate, Phytanadione, Cyanocobalamin, Tricalcium Phosphate, Cholecalciferol.  
**Contains:** Fish (cod, pollock, haddock, hake, cusk, redfish) and Soy.

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NO COATING



**ONE A DAY**

**complete multivitamin  
with ingredients to help keep  
teen boys strong and healthy:\***



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

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**Questions or comments?**  
Please call 1-800-800-4793 (Mon-Fri 9-5 EST)  
Visit our website at [www.oneaday.com](http://www.oneaday.com)

**Bayer HealthCare**

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AP5466008  
LHP013

**ONE A DAY**

**Teen  
Advantage  
FOR Him**

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP

Do not use this product if safety seal bearing  
"SEALED for YOUR PROTECTION" under cap is  
torn or missing.

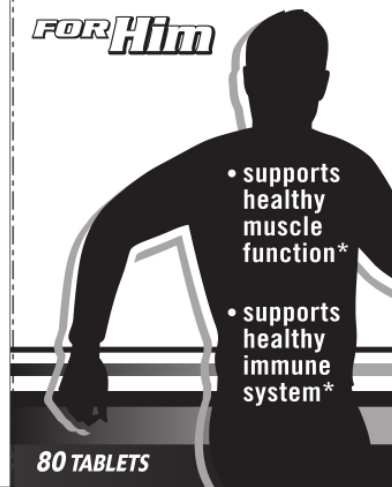
**NEW**

OFFICIAL SPONSOR



**ONE A DAY**  
MULTIVITAMIN/  
MULTIMINERAL  
SUPPLEMENT

**Teen  
Advantage  
complete multivitamin  
FOR Him**



**Directions:** Teens: One tablet daily, with food.

## Supplement Facts

Serving Size: One tablet

|                                     | Amount Per Serving | % Daily Value |
|-------------------------------------|--------------------|---------------|
| Vitamin A<br>(20% as beta-carotene) | 2500 IU            | 50%           |
| Vitamin C                           | 120 mg             | 200%          |
| Vitamin D                           | 400 IU             | 100%          |
| Vitamin E                           | 30 IU              | 100%          |
| Vitamin K                           | 25 mcg             | 31%           |
| Thiamin (B1)                        | 3.75 mg            | 250%          |
| Riboflavin (B2)                     | 4.25 mg            | 250%          |
| Niacin                              | 30 mg              | 150%          |
| Vitamin B6                          | 5 mg               | 250%          |
| Folic Acid                          | 400 mcg            | 100%          |
| Vitamin B12                         | 15 mcg             | 250%          |
| Biotin                              | 300 mcg            | 100%          |
| Pantothenic Acid                    | 10 mg              | 100%          |
| Calcium (elemental)                 | 200 mg             | 20%           |
| Iron                                | 9 mg               | 50%           |
| Magnesium                           | 100 mg             | 25%           |
| Zinc                                | 15 mg              | 100%          |
| Selenium                            | 20 mcg             | 29%           |
| Copper                              | 2 mg               | 100%          |
| Manganese                           | 2 mg               | 100%          |
| Chromium                            | 120 mcg            | 100%          |

F.P.O. 100% UPC



EXPIRATION DATE: