



# One A Day Men's 50+ Healthy Advantage

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

## Supplement Facts

Serving Size: One tablet

|                                     | Amount Per Serving                  | % Daily Value |
|-------------------------------------|-------------------------------------|---------------|
| Vitamin A<br>(11% as beta-carotene) | 940 mcg                             | 104%          |
| Vitamin C                           | 120 mg                              | 133%          |
| Vitamin D                           | 17.5 mcg (700 IU)                   | 88%           |
| Vitamin E                           | 11.4 mg                             | 76%           |
| Vitamin K                           | 20 mcg                              | 17%           |
| Thiamin (B <sub>1</sub> )           | 4.5 mg                              | 375%          |
| Riboflavin (B <sub>2</sub> )        | 3.4 mg                              | 262%          |
| Niacin                              | 20 mg                               | 125%          |
| Vitamin B <sub>6</sub>              | 6 mg                                | 353%          |
| Folate                              | 665 mcg DFE<br>(400 mcg folic acid) | 166%          |
| Vitamin B <sub>12</sub>             | 25 mcg                              | 1042%         |
| Biotin                              | 30 mcg                              | 100%          |
| Pantothenic Acid                    | 15 mg                               | 300%          |
| Calcium                             | 120 mg                              | 9%            |
| Iodine                              | 150 mcg                             | 100%          |
| Magnesium                           | 110 mg                              | 26%           |
| Zinc                                | 24 mg                               | 218%          |
| Selenium                            | 117 mcg                             | 213%          |
| Copper                              | 2.2 mg                              | 244%          |
| Manganese                           | 4.2 mg                              | 183%          |
| Chromium                            | 180 mcg                             | 514%          |
| Molybdenum                          | 90 mcg                              | 200%          |
| Lycopene                            | 370 mcg                             | *             |

\*Daily Value not established.

**Ingredients:** Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Croscarmellose Sodium, Zinc Oxide, dl-Alpha-Tocopheryl Acetate, Maltodextrin; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Copper Sulfate, Cyanocobalamin, D-Calcium Pantothenate, FD&C Blue #1 Aluminum Lake, FD&C Blue #2 Aluminum Lake, Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Lycopene, Manganese Sulfate, Niacinamide, Phylloquinone, Polyethylene Glycol, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Molybdate, Sodium Selenite, Stearic Acid, Thiamine Mononitrate, Titanium Dioxide (color), Vitamin A Acetate.

**KEEP OUT OF REACH OF CHILDREN**

**If pregnant, breast-feeding, taking medication, or have any medical condition ask a health professional before use.**

**For Adult Use Only**



## **One A Day Men's 50+ Healthy Advantage**

**Not for children**

**Do not exceed recommended intake**