



ONE A DAY Men's Multi Gummies

Directions: Adults and children 12 years of age and older: **Fully chew** two gummies daily.

Supplement Facts

Serving Size: 2 gummies

Servings Per Container: (Net Qty Contents/ Serving Size [# gummies])

	Amount Per Serving	% Daily Value
Calories	15	
Total Carbohydrate	3 g	1%*
Total Sugars	3 g	**
Includes 3g Added Sugars		6%*
Vitamin A	1200 mcg	133%
Vitamin C	75 mg	83%
Vitamin D	10 mcg (400 IU)	50%
Vitamin E	13.5 mg	90%
Vitamin B ₆	5 mg	294%
Folate	665 mcg DFE (400 mcg folic acid)	166%
Vitamin B ₁₂	15 mcg	625%
Biotin	600 mcg	2000%
Pantothenic Acid	10 mg	200%
Choline	0.06 mg	<1%
Iodine	150 mcg	100%
Zinc	5 mg	45%
Selenium	110 mcg	200%
Inositol	40 mcg	**
*Percent Daily Values are based on a 2,000 calorie diet.		
**Daily Value not established.		

Ingredients: Glucose Syrup, Sugar, Gelatin, Water, Ascorbic Acid; Less than 2% of: Artificial Flavor, Beeswax, Carnauba Wax, Choline Bitartrate, Citric Acid, D-Biotin, D-Calcium Pantothenate, dl-Alpha-Tocopheryl Acetate, FD&C Blue #1, FD&C Red #40, FD&C Yellow #5 (tartrazine), Folic Acid, Inositol, Neohesperidin, Potassium Iodide, Pyridoxine Hydrochloride, Sodium Selenate, Sucralose, Vegetable Oil (Palm), Vitamin A Acetate, Vitamin B₁₂ (Cyanocobalamin), Vitamin D₃ (Cholecalciferol), Zinc Sulfate.

Contains: Wheat.

Not for children under 12 years of age

KEEP OUT OF REACH OF CHILDREN

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

CHILD RESISTANT CAP

Do not exceed recommended intake