



One A Day® Men & Women's 65+ Multi Tablets

Directions: Adults: Two tablets daily, with food.

Supplement Facts

Serving Size: Two tablets

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

	Amount Per Serving	% Daily Value
Vitamin A (11% as beta-carotene)	670 mcg	74%
Vitamin C	90 mg	100%
Vitamin D	30 mcg (1200 IU)	150%
Vitamin K	0 mcg	0%
Thiamin (B ₁)	1.5 mg	125%
Riboflavin (B ₂)	1.7 mg	131%
Niacin	20 mg	125%
Vitamin B ₆	2 mg	118%
Folate	665 mcg DFE (400 mcg folic acid)	166%
Vitamin B ₁₂	50 mcg	2083%
Biotin	30 mcg	100%
Pantothenic Acid	10 mg	200%
Calcium	500 mg	38%
Iodine	150 mcg	100%
Magnesium	100 mg	24%
Zinc	15 mg	136%
Selenium	55 mcg	100%
Copper	1 mg	111%
Manganese	2 mg	87%
Chromium	24 mcg	69%

Ingredients: Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Maltodextrin, Croscarmellose Sodium; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Copper Sulfate, Cyanocobalamin, D-Calcium Pantothenate, FD&C Yellow #6 Aluminum Lake, Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Manganese Sulfate, Mica (color), Niacinamide, Polyethylene Glycol, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Selenite, Stearic Acid, Thiamine Mononitrate, Titanium Dioxide (color), Vitamin A Acetate, Zinc Oxide.

For Adult Use Only

Not for children

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

KEEP OUT OF REACH OF CHILDREN

Do not exceed recommended intake