



One A Day Men's Health Formula

Directions: Adults: One tablet daily, with food.

Supplement Facts		
Serving Size: One tablet		
	Amount Per Serving	% Daily Value
Vitamin A (10% as beta-carotene)	900 mcg	100%
Vitamin C	99 mg	110%
Vitamin D	25 mcg (1000 IU)	125%
Vitamin E	15 mg	100%
Vitamin K	30 mcg	25%
Thiamin (B ₁)	1.32 mg	110%
Riboflavin (B ₂)	1.43 mg	110%
Niacin	17.6 mg	110%
Vitamin B ₆	2.17 mg	128%
Folate	400 mcg DFE (240 mcg folic acid)	100%
Vitamin B ₁₂	6.24 mcg	260%
Biotin	43 mcg	143%
Pantothenic Acid	15.5 mg	310%
Calcium	210 mg	16%
Iron	0 mg	0%
Iodine	150 mcg	100%
Magnesium	120 mg	29%
Zinc	11 mg	100%
Selenium	55 mcg	100%
Copper	0.9 mg	100%
Manganese	2.3 mg	100%
Chromium	35 mcg	100%
Lycopene	300 mcg	*

*Daily Value not established.

Ingredients: Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Maltodextrin, dl-Alpha-Tocopheryl Acetate; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Copper Sulfate, Croscarmellose Sodium, Cyanocobalamin, D-Calcium Pantothenate, Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Inulin, Lycopene, Manganese Sulfate, Medium Chain Triglycerides, Niacinamide, Phylloquinone, Polydextrose, Polyvinylpyrrolidone, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Selenite, Stearic Acid, Talc, Thiamine Mononitrate, Triacetin, Vitamin A Acetate, Zinc Oxide.

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



One A Day Men's Health Formula

For Adult Use Only

Not for children

Do not exceed recommended intake

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP