



One A Day Men's Fruit Bites Multivitamin

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

| Supplement Facts | | |
|--|-------------------------------|--------------------------|
| Serving Size: 2 bites | | |
| Servings Per Container: (Net Qty Contents/ Serving Size [# bites]) | | |
| | Amount Per Serving | % Daily Value |
| Calories | 15 | |
| Total Carbohydrate | 3 g | 1%* |
| Total Sugars | 3 g | ** |
| Includes 1g Added Sugars | | 2%* |
| Vitamin A (as retinyl palmitate) | 300 mcg | 33% |
| Vitamin D (as cholecalciferol) | 15 mcg (600 IU) | 75% |
| Vitamin E (as dl-alpha-tocopheryl acetate) | 4 mg | 27% |
| Niacin (as niacinamide) | 16 mg | 100% |
| Vitamin B ₆ (as pyridoxine hydrochloride) | 1.3 mg | 76% |
| Vitamin B ₁₂ (as cyanocobalamin) | 2.4 mcg | 100% |
| Biotin (as D-biotin) | 30 mcg | 100% |
| Iodine (as potassium iodide) | 30 mcg | 20% |
| Zinc (as zinc sulfate) | 2.2 mg | 20% |
| Potassium (as potassium iodide) | 5 mg | <1% |
| *Percent Daily Values are based on a 2,000 calorie diet. | | |
| **Daily Value not established. | | |

Other Ingredients: Apple Juice Concentrate, Apple Puree Concentrate, Water, Citrus Fiber, Pectin, Natural Flavor, High Oleic Sunflower Oil.

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

Not for children under 12 years of age

Do not exceed recommended intake

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP