



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 (20% as beta-carotene)	3500 IU	70%
Vitamin C	120 mg	200%
Vitamin D (as Vitamin D ₃)	700 IU	175%
Vitamin E	25.5 IU	85%
Vitamin K	20 mcg	25%
Thiamin (B ₁)	4.5 mg	300%
Riboflavin (B ₂)	3.4 mg	200%
Niacin	20 mg	100%
Vitamin B ₆	6 mg	300%
Folic Acid	400 mcg	100%
Vitamin B ₁₂	25 mcg	417%
Biotin	30 mcg	10%
Pantothenic Acid	15 mg	150%
Calcium (elemental)	120 mg	12%
Iron	0 mg	0%
Iodine	150 mcg	100%
Magnesium	110 mg	28%
Zinc	24 mg	160%
Selenium	117 mcg	167%
Copper	2.2 mg	110%
Manganese	4.2 mg	210%
Chromium	180 mcg	150%
Molybdenum	90 mcg	120%
Lycopene	370 mcg	*

*Daily Value not established.

INGREDIENTS: Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Croscarmellose Sodium, Zinc Oxide, dl-Alpha-Tocopheryl Acetate; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Cupric Oxide, Cyanocobalamin, D-Calcium Pantothenate, FD&C Blue #1 Lake, FD&C Blue #2 Lake, Folic Acid, Hydroxypropyl Methylcellulose, Lycopene, Manganese Sulfate, Niacinamide, Phytonadione, 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

Contact Information –

Questions or comments?

Please call 1-800-800-4793 (Mon-Fri 9AM – 5PM EST)