



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 (14% as beta-carotene)	3500 IU	70%
Vitamin C	60 mg	100%
Vitamin D (as Vitamin D ₃)	700 IU	175%
Vitamin E	22.5 IU	75%
Vitamin K	20 mcg	25%
Thiamin (B ₁)	1.35 mg	90%
Riboflavin (B ₂)	1.7 mg	100%
Niacin	18 mg	90%
Vitamin B ₆	3 mg	150%
Folic Acid	400 mcg	100%
Vitamin B ₁₂	18 mcg	300%
Biotin	75 mcg	25%
Pantothenic Acid	16 mg	160%
Calcium (elemental)	210 mg	21%
Iron	0 mg	0%
Magnesium	140 mg	35%
Zinc	15 mg	100%
Selenium	110 mcg	157%
Copper	2 mg	100%
Manganese	2 mg	100%
Chromium	120 mcg	100%
Lycopene	300 mcg	*

*Daily Value not established.

INGREDIENTS: Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Croscarmellose Sodium; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Crospovidone, Cupric Oxide, Cyanocobalamin, D-Calcium Pantothenate, dl-Alpha-Tocopheryl Acetate, Folic Acid, Hydroxypropyl Methylcellulose, Lycopene, Manganese Sulfate, Niacinamide, Phytonadione, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Selenite, Stearic Acid, Thiamine Mononitrate, Triacetin, Vitamin A Acetate, Zinc Oxide.

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP



Bayer HealthCare
Consumer Care

ONE A DAY®
Men's Health Formula

Contact Information –

Questions or comments?

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