



ONE A DAY
Men's Pre-Conception Health

Directions: Adults: One tablet daily, with food.

Supplement Facts		
Serving Size: One tablet		
	Amount Per Serving	% Daily Value
Vitamin A (11% as beta-carotene)	810 mcg	90%
Vitamin C	100 mg	111%
Vitamin D	20 mcg (800 IU)	100%
Vitamin E	45 mg	300%
Thiamin (B ₁)	1.2 mg	100%
Riboflavin (B ₂)	1.3 mg	100%
Niacin	16 mg	100%
Vitamin B ₆	1.3 mg	76%
Folate	830 mcg DFE (500 mcg folic acid)	208%
Vitamin B ₁₂	2.4 mcg	100%
Biotin	30 mcg	100%
Pantothenic Acid	5 mg	100%
Calcium	260 mg	20%
Iodine	150 mcg	100%
Magnesium	140 mg	33%
Zinc	15 mg	136%
Selenium	55 mcg	100%
Copper	0.9 mg	100%
Manganese	2.3 mg	100%
Chromium	35 mcg	100%
Lycopene	6 mg	*

*Daily Value not established.

Ingredients: Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, dl-Alpha-Tocopheryl Acetate, Ascorbic Acid, Maltodextrin, Modified Food Starch, Corn Starch, Gelatin; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Copper Sulfate, Croscarmellose Sodium, Cyanocobalamin, D-Calcium Pantothenate, FD&C Blue #2 Aluminum Lake, FD&C Yellow #5 (tartrazine) Aluminum Lake, FD&C Yellow #6 Aluminum Lake, Folic Acid, Hydroxypropyl Methylcellulose, Lycopene, Manganese Sulfate, Medium Chain Triglycerides, Niacinamide, Polydextrose, Polyvinylpyrrolidone, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Selenite, Stearic Acid, Talc, Thiamine Mononitrate, Titanium Dioxide (color), Vitamin A Acetate, Zinc Oxide.



Bayer HealthCare
Consumer Care

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For Adult Use Only

Not for children

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

Do not exceed recommended intake

KEEP OUT OF REACH OF CHILDREN

Contact Information –

Questions or comments?

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