



MULTI FOR HIM 50+: COMPARISON GUIDE



Multi For Him 50+



Centrum Silver *



One-A-Day 50 Plus *

	2500 60% as Beta Carotene	3500 29% as Beta Carotene	2500 20% as Beta Carotene
Vitamin A (IU) ■ [1]	2500	3500	2500
Vitamin C (mg) [2]	180	60	120
Vitamin D (IU) [3]	1000	400	400
Vitamin E (IU) [2]	60	45	33
Vitamin K (mcg) [4]	80	10	20
Thiamin (mg)	1.5	1.5	4.5
Riboflavin (mg)	1.7	1.7	3.4
Niacin (mg)	20	20	20
Vitamin B6 (mg)	6	3	6
Folic Acid (mcg)	400	400	400
Vitamin B12 (mcg)	25	25	25
Biotin (mcg)	30	30	30
Pantothenic Acid (mg)	10	10	15
Calcium (mg)	162	200	120
Iron (mg)	---	---	---
Iodine (mcg)	150	150	150
Magnesium (mg)	100	100	100
Zinc (mg)	15	15	22.5
Selenium (mcg)	105	20	105
Copper (mg)	2	2	2
Manganese (mg)	4	2	4
Chromium (mcg)	120	150	180
Molybdenum (mcg)	75	75	90

■ All amounts are per serving

*All information derived from most recent packaging, as well as www.one-a-day.com and www.centrum.com

[1] Low levels of retinol and higher levels of beta carotene support bone health and reduce free radical damage in the body +

[2] Antioxidant powerhouses which help boost immunity and fight against the aging effects of free radical damage +

[3] Supports autoimmune protection, heart health, teeth and bone strength, mood health, joint health, colon and prostate health and more +

[4] Maintains bone strength and heart health +

+ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

