



MULTI FOR HIM: COMPARISON GUIDE



Multi For Him



Centrum *



One-A-Day Men's Health *

Vitamin A (IU) ■ [1]	2500 60% as Beta Carotene	3500 29% as Beta Carotene	3500 14% as Beta Carotene
Vitamin C (mg) [2]	180	60	90
Vitamin D (IU) [3]	1000	400	400
Vitamin E (IU) [2]	50	30	45
Vitamin K (mcg) [4]	80	25	20
Thiamin (mg)	1.5	1.5	1.2
Riboflavin (mg)	1.7	1.7	1.7
Niacin (mg)	20	20	16
Vitamin B6 (mg) [5]	4	2	3
Folic Acid (mcg)	400	400	400
Vitamin B12 (mcg)	18	6	18
Biotin (mcg)	30	30	30
Pantothenic Acid (mg)	10	10	5
Calcium (mg)	162	162	210
Iron (mg)	---	18	---
Iodine (mcg)	150	150	---
Magnesium (mg)	100	100	120
Zinc (mg)	15	15	15
Selenium (mcg)	70	20	105
Copper (mg)	2	2	2
Manganese (mg)	4	2	2
Chromium (mcg)	120	120	120
Molybdenum (mcg)	75	75	---
Lycopene (mcg)	---	---	600

■ 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, colon and prostate health and more +

[4] Maintains bone strength and heart health +

[5] For 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.

