

ACTUAL SIZE



**HOW TO TAKE IT**  
Chew two gummies,  
no food or water needed.

**ON THE DAILY**  
For the best results, take  
OLLY Men's Multi daily.

**NATURALLY TASTY**  
Blackberry &  
Concord Grape

Find your **OLLY** at [OLLY.com](http://OLLY.com)

# THE PERFECT MEN'S MULTI

A blend of Vitamins  
A, C, D, E, Bs, Zinc  
& Lycopene

90

GUMMIES

DIETARY SUPPLEMENT

45  
DAYS

BLACKBERRY BLITZ  
with other Natural Flavors

## OLLY MEN'S MULTI

Say hello to daily health with this powerful blend of essential nutrients, built to up your overall wellness and help fill the gaps when your eating habits are a little less than perfect. Oh, plus a boost for steady energy and your most important muscle... obviously, we're talking about your heart.\*

### EXPERTLY BLENDED

**B6** 250% DV VITAMIN B6 | **B12** 250% DV VITAMIN B12 | **D** 125% DV VITAMIN D

**C** 125% DV VITAMIN C | **A** 100% DV VITAMIN A | **E** 100% DV VITAMIN E

**Suggested Use:** Take two gummies per day.  
Chew thoroughly before swallowing.

## Supplement Facts

Serving Size 2 Gummies / Servings Per Container 45

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Calories	20	Vitamin B12 (as cyanocobalamin)	15 mcg 250%
Total Carbohydrate	4 g 2%	Biotin (as d-biotin)	300 mcg 100%
Sugars	3 g **	Pantothenic Acid (as calcium-D-pantothenate)	10 mg 100%
Vitamin A (as retinyl palmitate)	5000 IU 100%	Iodine (as potassium iodide)	150 mcg 100%
Vitamin C (as ascorbic acid)	75 mg 125%	Zinc (as zinc sulfate)	5 mg 35%
Vitamin D3 (as cholecalciferol)	500 IU 125%	Selenium (as sodium selenite)	53 mcg 75%
Vitamin E (as dl-alpha-tocopheryl acetate)	30 IU 100%	Chromium (as chromium chloride)	60 mcg 50%
Vitamin B1 (as thiamine hydrochloride)	375 mcg 25%	Choline (as choline bitartrate)	60 mcg **
Vitamin B2 (as riboflavin)	425 mcg 25%	Inositol	40 mcg **
Niacin (as niacinamide)	10 mg 50%	Lycopene	400 mcg **
Vitamin B6 (as pyridoxine hydrochloride)	5 mg 250%		
Folic Acid	400 mcg 100%		

\*Percent Daily Value based on 2,000 calorie diet  
\*\*Daily Value (DV) not established

**Other Ingredients:** Glucose Syrup (from corn), Sugar (from beets), Water, Gelatin, Natural Juice Concentrates, Lactic Acid, Citric Acid, Natural Flavors, Pectin (from fruit).

Processed in a facility with products that may contain soy, egg, peanuts, tree nuts, milk, fish, shellfish and wheat.

Take only as directed. Do not exceed suggested dosage. If you have a medical condition, are on medication or are pregnant or nursing, please seek the advice of a qualified health care professional before using. Do not use if inner seal is broken or missing.

**KEEP OUT OF THE REACH OF CHILDREN**  
Store in a cool, dry place.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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