

women's
health

One Daily

Multivitamin/Multimineral
Supplement

1000 IU VITAMIN D
500 mg CALCIUM

60 Tablets



Directions: Adults: One tablet daily, with food.

Supplement Facts

Serving Size: One tablet

Amount Per % Daily Serving Value			Amount Per % Daily Serving Value			Amount Per % Daily Serving Value		
Vitamin A (20% as beta-carotene)	2500 IU	50%	Niacin	10 mg	50%	Iron	18 mg	100%
Vitamin C	60 mg	100%	Vitamin B6	2 mg	100%	Magnesium	50 mg	13%
Vitamin D	1000 IU	250%	Folic Acid	400 mcg	100%	Zinc	15 mg	100%
Vitamin E	22.5 IU	75%	Vitamin B12	6 mcg	100%	Selenium	20 mcg	29%
Vitamin K	25 mcg	31%	Biotin	30 mcg	10%	Copper	2 mg	100%
Thiamin (Vitamin B1)	1.5 mg	100%	Pantothenic Acid	5 mg	50%	Manganese	2 mg	100%
Riboflavin (Vitamin B2)	1.7 mg	100%	Calcium (elemental)	500 mg	50%	Chromium	120 mcg	100%

INGREDIENTS: Calcium Carbonate, Magnesium Oxide, Acacia, Ascorbic Acid, Microcrystalline Cellulose, Croscarmellose Sodium, Ferrous Fumarate, Calcium Silicate, Dicalcium Phosphate, dl-Alpha Tocopheryl Acetate, Titanium Dioxide, Dextrin, Zinc Oxide, Stearic Acid, Hypromellose, Niacinamide, Magnesium Stearate, Silicon Dioxide, Polyethylene Glycol, Manganese Sulfate, Calcium Pantothenate, Dextrose, Cupric Sulfate, Lecithin, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Vitamin A Acetate, Folic Acid, Chromium Chloride, FD&C Yellow #5 Aluminum Lake, Beta-Carotene, FD&C Yellow #6 Aluminum Lake, Sodium Selenate, Phytonadione, FD&C Blue #2 Aluminum Lake, Cholecalciferol, Biotin, Cyanocobalamin. **CONTAINS: SOY**

Distributed by The Kroger Co., Cincinnati, Ohio 45202

QUALITY GUARANTEE
800-632-6900 • www.kroger.com

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

CAUTION: If you are taking any medication or are planning any medical procedure, consult a doctor before taking this product.

If you are pregnant or nursing a baby, ask a doctor before using this product.

Store in a dry place at room temperature (59°-86°F).

Gluten Free

**CODE
AREA**
• no varnish • no color
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