

everyday
health
support™

Complete[®] Senior

Multivitamin/Multimineral Supplement
With Lutein 250 mcg & Lycopene 300 mcg

110 Tablets



Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV	Each Tablet Contains	% DV	Each Tablet Contains	% DV
Vitamin A 2500 IU (40% as beta-carotene)	50%	Biotin 30 mcg	10%	Chromium 45 mcg	38%
Vitamin C 60 mg	100%	Pantothenic Acid 10 mg	100%	Molybdenum 45 mcg	60%
Vitamin D 500 IU	125%	Calcium 220 mg	22%	Chloride 72 mg	2%
Vitamin E 50 IU	167%	Iron 0 mg	0%	Potassium 80 mg	2%
Vitamin K 30 mcg	38%	Phosphorus 20 mg	2%	Boron 150 mcg	*
Thiamin 1.5 mg	100%	Iodine 150 mcg	100%	Nickel 5 mcg	*
Riboflavin 1.7 mg	100%	Magnesium 50 mg	13%	Silicon 2 mg	*
Niacin 20 mg	100%	Zinc 11 mg	73%	Vanadium 10 mcg	*
Vitamin B6 3 mg	150%	Selenium 55 mcg	79%	Lutein 250 mcg	*
Folic Acid 400 mcg	100%	Copper 0.5 mg	25%	Lycopene 300 mcg	*
Vitamin B12 25 mcg	417%	Manganese 2.3 mg	115%		
				*Daily Value (DV) not established.	

Ingredients: Calcium Carbonate, Potassium Chloride, Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit. C), dl-Alpha Tocopheryl Acetate (Vit. E), Gelatin, Microcrystalline Cellulose, Acacia, Croscarmellose Sodium, Stearic Acid, Niacinamide, Polyvinyl Alcohol, Calcium Silicate, Zinc Oxide, Crospovidone, Calcium Pantothenate, Titanium Dioxide, Polyethylene Glycol, Silicon Dioxide, Manganese Sulfate, Talc, Magnesium Stearate, Pyridoxine Hydrochloride (Vit. B6), Thiamin Mononitrate (Vit. B1), Riboflavin (Vit. B2), Sodium Borate, Cupric Sulfate, Vitamin A Acetate (Vit. A), Beta-Carotene, FD&C Blue #2 Lake, Folic Acid, Lycopene, Chromium Picolinate, Lutein, Potassium Iodide, Sodium Selenate, Sodium Molybdate, FD&C Red #40 Lake, FD&C Yellow #6 Lake, Sodium Metasilicate, Phytanadione (Vit. K), Biotin, Cyanocobalamin (Vit. B12), Nickel Sulfate, Sodium Metavanadate, Cholecalciferol (Vit. D3).

Distributed by The Kroger Co.
Cincinnati, Ohio 45202

SUGGESTED USE: Adults – Take one tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

As with any supplement, if you are pregnant or nursing a baby, if you are taking medication or have a medical condition, ask a doctor before using this product.

IMPORTANT INFORMATION: Long-term intake of high levels of vitamin A (excluding that sourced from beta-carotene) may increase the risk of osteoporosis in adults. Do not take this product if taking other vitamin A supplements.

Keep out of reach of children.

Store at room temperature.
Keep bottle tightly closed.

Gluten Free

***31 Nutrients**

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

