

men's
health

One Daily

Multivitamin/Multimineral Supplement

100 Tablets



Directions: Adults: One tablet daily, with food.

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (14% as beta-carotene)	3500 IU	70%	Vitamin B6	3 mg	150%	Selenium	110 mcg	157%
Vitamin C	60 mg	100%	Folic Acid	400 mcg	100%	Copper	2 mg	100%
Vitamin D	700 IU	175%	Vitamin B12	18 mcg	300%	Manganese	2 mg	100%
Vitamin E	22.5 IU	75%	Biotin	30 mcg	10%	Chromium	120 mcg	100%
Vitamin K	20 mcg	25%	Pantothenic Acid	5 mg	50%	Lycopene	300 mcg	‡
Thiamin	1.2 mg	80%	Calcium (elemental)	210 mg	21%	‡Daily Value not established.		
Riboflavin	1.7 mg	100%	Iron	0 mg	0%			
Niacin	16 mg	80%	Magnesium	120 mg	30%			
			Zinc	15 mg	100%			

INGREDIENTS: Dicalcium Phosphate, Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Gelatin, Croscarmellose Sodium, dl-Alpha Tocopheryl Acetate, Stearic Acid, Calcium Silicate, Zinc Oxide, Niacinamide, Dextrin, Magnesium Stearate, Manganese Sulfate, Calcium Pantothenate, Pyridoxine Hydrochloride, Dextrose, Cupric Oxide, Riboflavin, Thiamin Mononitrate, Vitamin A Acetate, Lecithin, Sodium Carboxymethylcellulose, Folic Acid, Lycopene, Chromium Chloride, Beta-Carotene, Sodium Selenate, Sodium Citrate, Biotin, Phytonadione, Cholecalciferol, Cyanocobalamin.

CONTAINS: SOY

Distributed by The Kroger Co., Cincinnati, Ohio 45202

Gluten Free

QUALITY GUARANTEE

800-632-6900 • www.kroger.com

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

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

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP