



One Daily Men's 50+ Multivitamin Multimineral Supplement

men's health

Multivitamin/Multimineral Supplement

700 IU Vitamin D3

65 TABLETS

Directions: Adults: Take one tablet daily, with food.

Supplement Facts

Serving Size: One tablet

Amount Per Serving			Amount Per Serving			Amount Per Serving		
% Daily Value			% Daily Value			% Daily Value		
Vitamin A	3500 IU	70%	Vitamin B6	6 mg	300%	Zinc	24 mg	160%
(20% as beta-carotene)			Folic Acid	400 mcg	100%	Selenium	117 mcg	167%
Vitamin C	120 mg	200%	Vitamin B12	25 mcg	417%	Copper	2.2 mg	110%
Vitamin D	700 IU	175%	Biotin	30 mcg	10%	Manganese	4.2 mg	210%
Vitamin E	25.5 IU	85%	Pantothenic Acid	15 mg	150%	Chromium	180 mcg	150%
Vitamin K	20 mcg	25%	Calcium (elemental)	120 mg	12%	Molybdenum	90 mcg	120%
Thiamin	4.5 mg	300%	Iodine	150 mcg	100%	Lycopene	370 mcg	*
Riboflavin	3.4 mg	200%	Magnesium	110 mg	28%	*Daily Value not established.		
Niacin	20 mg	100%						

Ingredients: Calcium Carbonate, Dicalcium Phosphate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Croscarmellose Sodium, Zinc Oxide, Gelatin, di-Alpha Tocopheryl Acetate, Niacinamide, Polyvinyl Alcohol, Calcium Pantothenate, Stearic Acid, Manganese Sulfate, Silicon Dioxide, Titanium Dioxide Color, Polyethylene Glycol, Pyridoxine Hydrochloride, Talc, Magnesium Stearate, Crospovidone, Cupric Sulfate, Thiamine Mononitrate, Riboflavin, Vitamin A Acetate, FD&C Blue #2 Aluminum Lake, Chromium Chloride, Folic Acid, Lycopene, Beta-Carotene, Sodium Selenate, Potassium Iodide, Sodium Molybdate, Biotin, Phytanadione, Cyanocobalamin, Cholecalciferol.

Distributed by The Kroger Co., Cincinnati, Ohio 45202

Caution: If you are taking any medication or have a medical condition, consult a doctor before taking this product. If you are pregnant or nursing a baby, ask a doctor before using this product.

Keep out of reach of children.

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

Gluten Free



Actual Size

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

**CODE
AREA**

• no varnish • no color

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