

Actual
Size



value
size

STORE AT ROOM
TEMPERATURE, TIGHTLY
CLOSED. TAMPER
RESISTANT. DO NOT USE IF
SEAL UNDER CAP IS
BROKEN OR MISSING.

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trademark of Wyeth Holdings
Corporation, Madison, New
Jersey 07940. Wyeth Holdings
Corporation is not affiliated
with The Kroger Co. or this
product.

Complete Men's Health

Multivitamin/Multimineral

men's health*

COMPARE TO CENTRUM® MEN UNDER 50

**See Side Panel

DIETARY SUPPLEMENT

200 Tablets

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD
AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED
TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Provides Essential Nutrients. Supports Health &
Well-Being. * MEN'S HEALTH - Complete Men's Health is
nutritionally balanced to help deliver a man's nutrient
requirements. * HEART HEALTH - A good source of
Vitamins B6, B12 and folic acid to help support
cardiovascular health. * IMMUNE HEALTH - Contains
several key nutrients to help support a healthy immune
system. * ENERGY METABOLISM - Provides a full
spectrum of B-vitamins to help support your body's
energy metabolism. * COLON HEALTH - Vitamin D supports
colon health.*

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	%Daily Value
Vitamin A (29% as Beta-Carotene) 3,500 I.U.	70%
Vitamin C 90 mg	150%
Vitamin D 600 I.U.	150%
Vitamin E 45 I.U.	150%
Vitamin K 60 mcg	75%
Thiamin (Vitamin B-1) 1.2 mg	80%
Riboflavin (Vitamin B-2) 1.3 mg	76%
Niacin 16 mg	80%
Vitamin B-6 2 mg	100%
Folic Acid 200 mcg	50%
Vitamin B-12 6 mcg	100%
Biotin 40 mcg	13%
Pantothenic Acid 15 mg	150%
Calcium 210 mg	21%
Iron 8 mg	44%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 100 mg	25%
Zinc 11 mg	73%
Selenium 100 mcg	143%
Copper 0.9 mg	45%
Manganese 2.3 mg	115%
Chromium 35 mcg	29%
Molybdenum 50 mcg	67%
Chloride 72 mg	2%
Potassium 80 mg	2%
Boron 150 mcg	***
Nickel 5 mcg	***
Silicon 2 mg	***
Tin 10 mcg	***
Vanadium 10 mcg	***
Lycopene 600 mcg	***

***Daily Value not established.

INGREDIENTS: CALCIUM CARBONATE, MAGNESIUM
OXIDE, POTASSIUM CHLORIDE, CELLULOSE (PLANT
ORIGIN), DICALCIUM PHOSPHATE, ASCORBIC ACID,
DL-ALPHA TOCOPHERYL ACETATE, CROSCARMELOSE,
CELLULOSE COATING. CONTAINS <2%
OF: BETA-CAROTENE, BIOTIN, BORIC ACID, CALCIUM
PANTOTHENATE, CHOLECALCIFEROL, CHROMIUM
PICOLINATE, CUPRIC SULFATE, CYANOCOBALAMIN,
FD&C BLUE #2, FD&C YELLOW #5 LAKE, FD&C YELLOW
#6 LAKE, FERROUS FUMARATE, FOLIC ACID, GELATIN,
LYCOPENE, MAGNESIUM STEARATE, MANGANESE
SULFATE, MANNITOL, NIACINAMIDE, NICKELOUS
SULFATE, PHYTONADIONE, POTASSIUM IODIDE,
PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, SILICON
DIOXIDE, SODIUM METAWANADATE, SODIUM
MOLYBDATE, SODIUM SELENATE, STANNOUS
CHLORIDE, THIAMIN MONONITRATE, TITANIUM
DIOXIDE, VEGETABLE STEARIC ACID, VITAMIN A
ACETATE, ZINC OXIDE.

CONTAINS: FISH (COD, POLLOCK, HADDOCK, HAKE,
CUSK, REDFISH, SOLE, FLOUNDER).

DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202

Gluten Free

SUGGESTED USE: For adult men, take one (1) tablet
daily with a full glass of water, preferably after a meal.

WARNING: This product is intended for use by men
and is not intended for use by women. If you are taking
any medications, planning any medical procedure or
have any medical condition, consult your doctor
before use. Discontinue use and consult your doctor if
any adverse reactions occur.

WARNING: Accidental overdose of
iron-containing products is a leading
cause of fatal poisoning in children under
six. KEEP THIS PRODUCT OUT OF
REACH OF CHILDREN. In case of
accidental overdose, call a doctor or
Poison Control Center immediately.

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USE BY:

