

meijer

Compare to  
One a Day® Vitacraves® Adult  
Men's ingredients!

**GUMMIES**  
**men's multi**  
**DIETARY SUPPLEMENT**

**MULTIVITAMIN & MINERAL**

**150 Gummies**

**NATURAL ORANGE, CHERRY AND BERRY FLAVORS**

## Supplement Facts

Serving Size 2 Gummy Vitamins  
Servings Per Bottle 75

| Amount Per Serving                           |                                     | % Daily Value |
|----------------------------------------------|-------------------------------------|---------------|
| Calories                                     | 10                                  |               |
| Total Carbohydrate                           | 3 g                                 | 1%*           |
| Total Sugars                                 | 3 g                                 | **            |
| Includes 3 g added sugars                    |                                     |               |
| Vitamin A (as retinyl acetate)               | 1200 mcg RAE                        | 133%          |
| Vitamin C (as ascorbic acid)                 | 75 mg                               | 83%           |
| Vitamin D (as cholecalciferol)               | 10 mcg (400 IU)                     | 50%           |
| Vitamin E (as dl-alpha-tocopheryl acetate)   | 20 mg                               | 133%          |
| Vitamin B-6 (as pyridoxine HCl)              | 5 mg                                | 294%          |
| Folate                                       | 667 mcg DFE<br>(400 mcg folic acid) | 167%          |
| Vitamin B-12 (as cyanocobalamin)             | 15 mcg                              | 625%          |
| Biotin (as D-Biotin)                         | 600 mcg                             | 2000%         |
| Pantothenic acid (as calcium d-pantothenate) | 10 mg                               | 200%          |
| Iodine (as potassium iodide)                 | 150 mcg                             | 100%          |
| Zinc (as zinc sulphate)                      | 5 mg                                | 45%           |
| Selenium (as sodium selenate)                | 110 mcg                             | 200%          |
| Choline (as choline bitartrate)              | 60 mg                               | 11%           |
| Inositol                                     | 40 mg                               | **            |

\* Percent Daily Values based on a 2000 calorie diet.  
\*\* Daily Value not established.

**Suggested use:** As a dietary supplement, adults take two (2) gummies vitamins per day. Chew thoroughly before swallowing.

**Other ingredients:** Sugar, Glucose syrup, Water, Gelatin; less than 2% of: palm oil and carnauba wax, citric acid, colors (carrot and cranberry concentrate, carrot, spirulina and pumpkin concentrate, paprika extract, lycopene), lactic acid, natural flavors and pectin.

**KEEP OUT OF THE REACH OF CHILDREN.**

**Warnings:** Take only as directed. Do not exceed suggested dosage. If you have a medical condition, are on medication, are pregnant or nursing or have questions regarding your nutritional needs, consult a qualified healthcare professional before using this product. Do not use if the inner seal is broken or missing. This product may settle during shipping. Do not expose to excessive heat or moisture. Colors will darken over time. This does not alter the potency of the product.

**Questions or comments? 1-617-848-4560**

**MADE IN SPAIN**  
**DIST. BY MEIJER DISTRIBUTION, INC.**  
**GRAND RAPIDS, MI 49544**  
**www.meijer.com**

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