



value size

Complete Women's Health Senior

women's health*

COMPARE TO
CENTRUM® SILVER® WOMEN'S 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.*
WOMEN'S HEALTH - Complete Women's Health Senior is nutritionally balanced to help deliver a mature woman's nutrient requirements.* **SKIN, HAIR & NAILS** - Beta-carotene, biotin, and vitamins A, C & E help to support the health of the skin, hair and nails.* **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.*

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	%Daily Value
Vitamin A (43% as Beta-Carotene) 3,500 I.U.	70%
Vitamin C 100 mg	167%
Vitamin D 800 I.U.	200%
Vitamin E 35 I.U.	117%
Vitamin K 50 mcg	63%
Thiamin 1.1 mg	73%
Riboflavin 1.1 mg	65%
Niacin 14 mg	70%
Vitamin B-6 5 mg	250%
Folic Acid 400 mcg	100%
Vitamin B-12 50 mcg	833%
Biotin 30 mcg	10%
Pantothenic Acid 5 mg	50%
Calcium 500 mg	50%
Iron 8 mg	44%
Phosphorus 20 mg	2%
Iodine 150 mcg	100%
Magnesium 50 mg	13%
Zinc 15 mg	100%
Selenium 55 mcg	79%
Copper 0.5 mg	25%
Manganese 2.3 mg	115%
Chromium 50 mcg	42%
Molybdenum 50 mcg	67%
Chloride 72 mg	2%
Potassium 80 mg	2%
Boron 150 mcg	***
Nickel 5 mcg	***
Silicon 2 mg	***
Vanadium 10 mcg	***
Lutein 300 mcg	***

***Daily Value not established.

INGREDIENTS: CALCIUM CARBONATE, POTASSIUM CHLORIDE, CELLULOSE (PLANT ORIGIN), DICALCIUM PHOSPHATE, ASCORBIC ACID, MAGNESIUM OXIDE, CROSCARMELLOSE. CONTAINS <2% OF: BETA-CAROTENE, BIOTIN, BORIC ACID, CELLULOSE COATING, CHOLECALCIFEROL, CHROMIUM PICOLINATE, CUPRIC SULFATE, CYANOCOBALAMIN, D-CALCIUM PANTOTHENATE, DL-ALPHA TOCOPHERYL ACETATE, FD&C BLUE #2 LAKE, FD&C RED #40 LAKE, FERROUS FUMARATE, FOLIC ACID, GELATIN, LUTEIN, MANGANESE SULFATE, MANNITOL, NIACINAMIDE, NICKELOUS SULFATE, PHYTONADIONE, POTASSIUM IODIDE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, SILICON DIOXIDE, SODIUM BORATE, SODIUM METAVANADATE, SODIUM MOLYBDATE, SODIUM SELENATE, STARCH, THIAMIN MONONITRATE, TITANIUM DIOXIDE COLOR, VEGETABLE MAGNESIUM STEARATE, 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 women, take one (1) tablet daily with a full glass of water, preferably after a meal.
WARNING: Not intended for use by pregnant or nursing 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.
STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

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.

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

USE BY:

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