



One Daily

Multivitamin/ Multimineral Supplement

women's health

100% DV of all 8 B-Vitamins†

60 Tablets

Directions: Adults: One tablet daily, with food.

Supplement Facts

Serving Size: One tablet

Amount Per % Daily Serving Value			Amount Per % Daily Serving Value			Amount Per % Daily Serving Value		
Vitamin A	2500 IU	50%	Niacin	20 mg	100%	Iron	18 mg	100%
(20% as beta-carotene)			Vitamin B6	2 mg	100%	Iodine	150 mcg	100%
Vitamin C	60 mg	100%	Folic Acid	400 mcg	100%	Zinc	15 mg	100%
Vitamin D	1000 IU	250%	Vitamin B12	6 mcg	100%	Selenium	20 mcg	29%
Vitamin E	22.5 IU	75%	Biotin	300 mcg	100%	Copper	2 mg	100%
Vitamin K	25 mcg	31%	Pantothenic Acid	10 mg	100%	Manganese	2 mg	100%
Thiamin	1.5 mg	100%	Calcium (elemental)	500 mg	50%	Chromium	120 mcg	100%
Riboflavin	1.7 mg	100%						

INGREDIENTS: Calcium Carbonate, Microcrystalline Cellulose, Acacia, Ascorbic Acid, Croscarmellose Sodium, Ferrous Fumarate, Calcium Silicate, Dicalcium Phosphate, dl-Alpha Tocopheryl Acetate, Niacinamide, Titanium Dioxide Color, Dextrin, Zinc Oxide, Stearic Acid, Hypromellose, Calcium Pantothenate, Magnesium Stearate, Silicon Dioxide, Polyethylene Glycol, Manganese Sulfate, Dextrose, Cupric Sulfate, Pyridoxine Hydrochloride, Lecithin, Thiamine Mononitrate, Riboflavin, Vitamin A Acetate, Folic Acid, Chromium Chloride, FD&C Yellow #5 Aluminum Lake, Beta-Carotene, Biotin, Potassium Iodide, FD&C Yellow #6 Aluminum Lake, Sodium Selenate, Phytonadione, FD&C Blue #2 Aluminum Lake, Cholecalciferol, Cyanocobalamin. **CONTAINS: SOY**
Distributed by The Kroger Co., Cincinnati, Ohio 45202

QUALITY GUARANTEE

800-632-6900 • www.kroger.com

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately. (1-800-222-1222)

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

†Refers to Daily Values for Thiamin, Riboflavin, Niacin, Vitamins B6, B12, Folic Acid, Biotin and Pantothenic Acid. Store in a dry place at room temperature (59°-86°F).

Gluten Free

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