Actual Size

Kroger

value size

Complete

Multivitamin/ Multimineral Supplement

everyday health support™

Formulated for Adults under 50

23 Nutrients

COMPARE TO INGREDIENTS OF CENTRUM® ADULTS

**Item Equal Product

300 Tablets

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A 3,500 IU (20% as Beta-Carotene)	70%	Vitamin B12 6 mcg	100%	Manganese 2.3 mg	115%
Vitamin C 60 mg	100%	Biotin 30 mcg	10%	Chromium 35 mcg	29%
Vitamin D 1000 IU	250%	Pantothenic Acid 10 mg	100%	Molybdenum 45 mcg	60%
Vitamin E 30 IU	100%	Calcium 200 mg	20%	Chloride 72 mg	2%
Vitamin K 25 mcg	31%	Iron 18 mg	100%	Potassium 80 mg	2%
Thiamin 1.5 mg	100%	Phosphorus 20 mg	2%		
Riboflavin 1.7 mg	100%	Iodine 150 mcg	100%	Nickel 5 mcg	*
Niacin 20 mg	100%	Magnesium 50 mg	13%	Silicon 2 mg	*
Vitamin B6 2 mg	100%	Zinc 11 mg	73%	Tin 10 mcg	*
Folic Acid 400 mcg	100%	Selenium 55 mcg	79%	Vanadium 10 mcg	*
		Copper 0.5 mg	25%		

*Daily Value (DV) not established.

INGREDIENTS: CALCIUM CARBONATE, POTASSIUM CHLORIDE, DICALCIUM PHOSPHATE, MAGNESIUM OXIDE, ASCORBIC ACID (VIT C), MICROCRYSTALLINE CELLULOSE, FERROUS FUMARATE, d-ALPHA TOCOPHERYL ACETATE (VIT E), GELATIN, CROSCARMELLOSE SODIUM, NIACINAMIDE, STEARIC ACID, POLYVINYL ALCOHOL, TITANIUM DIOXIDE (COLOR), CALCIUM SILICATE, ZINC OXIDE, CALCIUM PANTOTHENATE, POLYETHYLENE GLYCOL, MANGANESE SULFATE, MAGNESIUM STEARATE, SILICON DIOXIDE, TALC, PYRIDOXINE HYDROCHLORIDE (VIT B6), THIAMINE MONONITRATE (VIT B1), RIBOFLAVIN (VIT B2), CUPRIC SULFATE, VITAMIN A ACETATE, BETA-CAROTENE, FOLIC ACID, FOD YELLOW #5 ALUMINUM LAKE, CHROMIUM PICOLINATE, POTASSIUM IODIDE, SODIUM SELENATE, SODIUM MOLYBDATE, CHOLECALCIFEROL (VIT D3), BIOTIN, PHYTONADIONE (VIT K), SODIUM METAVANADATE, TIN (II) CHLORIDE, NICKEL SULFATE, CYANOCOBALAMIN (VIT B12).

Distributed by The Kroger Co., Cincinnati, Ohio 45202

This product contains 23 key nutrients, greater than or equal to 10% of the daily value, that are important for the body.

*Centrum® is a registered trademark of Wyeth Holdings LLC, New York, NY 10017. Wyeth Holdings LLC is not affiliated with The Kroger Co. or this product.

WARNING: Adult Adults – Take one tablet daily with food. Not formulated for use in children. Dietary access supplementation.

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

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)

Store at room temperature. Keep bottle tightly closed.

Gluten Free

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