

men's health

Multivitamin/Multimineral Supplement

COMPARE TO INGREDIENTS OF ONE A DAY® MEN'S HEALTH FORMULA
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One Daily
Multivitamin/
Multimineral
Supplement

men's health

700 IU Vitamin D

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MEN'S HEALTH FORMULA
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100 Tablets

Directions: Adults: One tablet daily, with food.

Supplement Facts

Serving Size: One tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (14% as beta-carotene)	3500 IU 70%	Vitamin B6	3 mg 150%	Zinc	15 mg 100%
Vitamin C	60 mg 100%	Folic Acid	400 mcg 100%	Selenium	110 mcg 157%
Vitamin D	700 IU 175%	Vitamin B12	18 mcg 300%	Copper	2 mg 100%
Vitamin E	22.5 IU 75%	Biotin	30 mcg 10%	Manganese	2 mg 100%
Vitamin K	20 mcg 25%	Pantothenic Acid	5 mg 50%	Chromium	120 mcg 100%
Thiamin	1.2 mg 80%	Calcium (elemental)	210 mg 21%	Lycopene	300 mcg †
Riboflavin	1.7 mg 100%	Iron	0 mg 0%		
Niacin	16 mg 80%	Magnesium	120 mg 30%		

INGREDIENTS: Dicalcium Phosphate, Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Gelatin, Croscarmellose Sodium, di-Alpha Tocopheryl Acetate, Stearic Acid, Calcium Silicate, Zinc Oxide, Niacinamide, Dextrin, Magnesium Stearate, Manganese Sulfate, Calcium Pantothenate, Pyridoxine Hydrochloride, Dextrose, Cupric Oxide, Riboflavin, Thiamin Mononitrate, Vitamin A Acetate, Lecithin, Sodium Carboxymethylcellulose, Folic Acid, Lycopene, Chromium Chloride, Beta-Carotene, Sodium Selenate, Sodium Citrate, Biotin, Phytonadione, Cholecalciferol, Cyanocobalamin

CONTAINS: SOY

Distributed by The Kroger Co., Cincinnati, Ohio 45202

If you are taking any medication or are planning any medical procedure, consult a doctor before taking this product.
Store in a dry place at room temperature (59°-86°F).

†One A Day® is a registered trademark of Bayer HealthCare LLC, Pittsburgh, PA 15205.
Bayer HealthCare LLC is not affiliated with The Kroger Co. or this product.

Gluten Free

QUALITY GUARANTEE
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Actual Size