

VALUE SIZE

List No. 1759
L200
Cat. A452
5A009

Nature Made®

MULTI Complete

MADE
WITH **D₃**

WITH IRON

DIETARY SUPPLEMENT
250 TABLETS

23 Key
Nutrients
for Daily
Nutritional
Support



No Color Added • No Artificial Flavors • No Preservatives • No Yeast • Gluten Free

SUGGESTED USE: Take one tablet daily, with a meal. For easier swallowing, take with water before and during ingestion.

Supplement Facts

Serving Size 1 tablet

Amount Per Tablet	% Daily Value
Vitamin A 2500 IU	50%
(as Vitamin A Acetate and 60% as Beta Carotene)	
Vitamin C (as Ascorbic Acid) 180 mg	300%
Vitamin D ₃ (as Cholecalciferol) 1000 IU	250%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 50 IU	167%
Vitamin K (as Phytonadione) 80 mcg	100%
Thiamin (as Thiamin Mononitrate) 1.5 mg	100%
Riboflavin 1.7 mg	100%
Niacin (as Niacinamide) 20 mg	100%
Vitamin B ₆ (as Pyridoxine Hydrochloride) 2 mg	100%
Folic Acid 400 mcg	100%
Vitamin B ₁₂ (as Cyanocobalamin) 6 mcg	100%
Biotin 30 mcg	10%

Amount Per Tablet	% Daily Value
Pantothenic Acid 10 mg	100%
(as d-Calcium Pantothenate)	
Calcium (as Calcium Carbonate) 162 mg	16%
Iron (as Ferrous Fumarate) 18 mg	100%
Iodine (as Potassium Iodide) 150 mcg	100%
Magnesium (as Magnesium Oxide) 100 mg	25%
Zinc (as Zinc Oxide) 15 mg	100%
Selenium (as Sodium Selenate) 70 mcg	100%
Copper (as Cupric Sulfate) 2 mg	100%
Manganese (as Manganese Sulfate) 4 mg	200%
Chromium (as Chromium Chloride) 120 mcg	100%
Molybdenum (as Sodium Molybdate) 75 mcg	100%

OTHER INGREDIENTS: Cellulose Gel, Corn Starch, Maltodextrin, Croscarmellose Sodium, Hypromellose, Magnesium Stearate, Silicon Dioxide, Gelatin, Polyethylene Glycol.

Distributed by: **Nature Made Nutritional Products**

Mission Hills, CA 91346-9606, U.S.A.

1-800-276-2878 • www.NatureMade.com

USP has tested and verified ingredients, potency and manufacturing process.
USP sets official standards for dietary supplements. www.uspverified.org

Keep bottle tightly closed.
Store in a cool, dry place.
Do not use if imprinted seal
under cap is broken or missing.

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.

Lot:
Exp: