

List No. 1789
L200
Cat. A454
5A007



MULTI For Him

MADE WITH **D₃**

NO IRON

DIETARY SUPPLEMENT
90 TABLETS

**22 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	Amount Per Tablet	% Daily Value
Vitamin A 2500 IU (as Vitamin A Acetate and 60% as Beta Carotene)	50%	Biotin 30 mcg	10%
Vitamin C (as Ascorbic Acid) 180 mg	300%	Pantothenic Acid 10 mg (as d-Calcium Pantothenate)	100%
Vitamin D ₃ (as Cholecalciferol) 1000 IU	250%	Calcium (as Calcium Carbonate) 162 mg	16%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 50 IU	167%	Iodine (as Potassium Iodide) 150 mcg	100%
Vitamin K (as Phytonadione) 80 mcg	100%	Magnesium (as Magnesium Oxide) 100 mg	25%
Thiamin (as Thiamin Mononitrate) 1.5 mg	100%	Zinc (as Zinc Oxide) 15 mg	100%
Riboflavin 1.7 mg	100%	Selenium (as Sodium Selenate) 70 mcg	100%
Niacin (as Niacinamide) 20 mg	100%	Copper (as Cupric Sulfate) 2 mg	100%
Vitamin B ₆ (as Pyridoxine Hydrochloride) 4 mg	200%	Manganese (as Manganese Sulfate) 4 mg	200%
Folic Acid 400 mcg	100%	Chromium (as Chromium Chloride) 120 mcg	100%
Vitamin B ₁₂ (as Cyanocobalamin) 18 mcg	300%	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

Keep bottle tightly closed. Store in a cool, dry place, out of reach of children.

Do not use if imprinted seal under cap is broken or missing.

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

Lot:
Exp:

