

List No. 2518
L200
Cat. A452
5A007

Nature Made

MULTI Complete

MADE WITH **D₃**

WITH IRON

DIETARY SUPPLEMENT
130 TABLETS

23 Key
Nutrients
for Daily
Nutritional
Support



Supplement Facts

Serving Size 1 tablet

Amount Per Tablet	% Daily Value
Vitamin A 2500 IU (as Vitamin A Acetate and 60% as Beta Carotene)	50%
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 (as d-Calcium Pantothenate)	100%
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%

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.

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.

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

Distributed by:
Nature Made
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Lot: _____
Exp: _____