

List No. 2821
L200
Cat. A453
5A008



MULTI For Her




MADE WITH **D₃**

WITH IRON
& CALCIUM

DIETARY SUPPLEMENT
120 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. 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.

Supplement Facts

Serving Size 1 tablet

Amount Per Tablet	% Daily Value	Amount Per Tablet	% Daily Value
Vitamin A 2500 IU	50%	Biotin 30 mcg	10%
(as Vitamin A Acetate and 60% as Beta Carotene)		Pantothenic Acid (as d-Calcium Pantothenate) 10 mg	100%
Vitamin C (as Ascorbic Acid) 180 mg	300%	Calcium (as Calcium Carbonate) 250 mg	25%
Vitamin D ₃ (as Cholecalciferol) 1000 IU	250%	Iron (as Ferrous Fumarate) 18 mg	100%
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) 2 mg	100%	Manganese (as Manganese Sulfate) 4 mg	200%
Folic Acid 600 mcg	150%	Chromium (as Chromium Chloride) 120 mcg	100%
Vitamin B ₁₂ (as Cyanocobalamin) 6 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 91346-9506, U.S.A. 1-800-276-2878 • www.NatureMade.com

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