

# VALUE SIZE

List No. 2893  
L200  
Cat. A454  
5A008

  
**Nature Made**

# MULTI For Him



MADE WITH **D<sub>3</sub>**

**NO IRON**

**22 Key  
Nutrients  
for Daily  
Nutritional  
Support**

DIETARY SUPPLEMENT  
**120 TABLETS**

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, out of reach of children.

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

## 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 <sub>3</sub> (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 <sub>6</sub> (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 <sub>12</sub> (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](http://www.NatureMade.com)

Oil- and Water-soluble Vitamins with Minerals Tablets USP

USP has tested and verified ingredients, potency and manufacturing process.  
USP sets official standards for dietary supplements. [www.uspverified.org](http://www.uspverified.org)

Lot:  
Exp.: