

List No. 4045
L200
Cat. A102
5A007



MULTI For Her

DIETARY SUPPLEMENT
60 SOFTGELS

23 Key Nutrients
for Daily Nutritional
Support

Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value
Calories 10	
Calories from Fat 10	
Total Fat 1 g	2%*
Protein Less than 1 g	
Vitamin A (100% as Beta Carotene) 2500 IU	50%
Vitamin C (Ascorbic Acid) 60 mg	100%
Vitamin D ₃ (Cholecalciferol) 1000 IU	250%
Vitamin E (dl-Alpha Tocopheryl Acetate) 50 IU	167%
Vitamin K (Phytonadione) 40 mcg	50%
Thiamin (Thiamin Mononitrate) 1.5 mg	100%
Riboflavin 1.7 mg	100%
Niacin (Niacinamide) 20 mg	100%
Vitamin B ₆ (Pyridoxine Hydrochloride) 2 mg	100%
Folic Acid 600 mcg	150%

* Percent Daily Values are based on a 2,000 calorie diet.

Amount Per Softgel	% Daily Value
Vitamin B ₁₂ (Cyanocobalamin) 6 mcg	100%
Biotin 30 mcg	10%
Pantothenic Acid 10 mg (d-Calcium Pantothenate)	100%
Calcium (Calcium Carbonate) 100 mg	10%
Iron (Ferrous Fumarate) 18 mg	100%
Iodine (Potassium Iodide) 150 mcg	100%
Magnesium (Magnesium Oxide) 40 mg	10%
Zinc (Zinc Oxide) 15 mg	100%
Selenium (Selenium Yeast) 20 mcg	29%
Copper (Cupric Oxide) 2 mg	100%
Manganese (Manganese Sulfate) 4 mg	200%
Chromium (Chromium Chloride) 120 mcg	100%
Molybdenum (Sodium Molybdate) 45 mcg	60%

Distributed by: **Nature Made Nutritional Products**
Mission Hills, CA 91346-9606, U.S.A. **1-800-276-2878 • www.NatureMade.com**
Encapsulated and Quality Tested in the U.S.A.

No Artificial Flavors
No Preservatives • No Starch
Gluten Free

SUGGESTED USE: Take one softgel 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: Soybean Oil, Gelatin, Glycerin, Dibasic Calcium Phosphate, Soy Lecithin, Yellow Beeswax, Water, Color Added, Yellow 6, Red 40, Blue 1.
Contains: Soy

Mult for Her softgels are made to Nature Made's guaranteed purity and potency standards.

Lot: Exp: