

List No. 4046
L200
Cat. A499
5A007



MULTI For Her 50+

DIETARY SUPPLEMENT
60 SOFTGELS

22 Key Nutrients
for Daily Nutritional
Support

Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value	Amount Per Softgel	% Daily Value
Calories 10		Folic Acid 400 mcg	100%
Calories from Fat 10		Vitamin B ₁₂ (as Cyanocobalamin) 25 mcg	417%
Total Fat 1 g	2%*	Biotin 30 mcg	10%
Protein Less than 1 g		Pantothenic Acid (as d-Calcium Pantothenate) 10 mg	100%
Vitamin A (100% as Beta Carotene) 2500 IU	50%	Calcium (as Calcium Carbonate) 200 mg	20%
Vitamin C (as Ascorbic Acid) 60 mg	100%	Iodine (as Potassium Iodide) 150 mcg	100%
Vitamin D ₃ (as Cholecalciferol) 1000 IU	250%	Magnesium (as Magnesium Oxide) 100 mg	25%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 60 IU	200%	Zinc (as Zinc Oxide) 15 mg	100%
Vitamin K (as Phytonadione) 80 mcg	100%	Selenium (as Selenium Yeast) 70 mcg	100%
Thiamin (as Thiamin Mononitrate) 1.5 mg	100%	Copper (as Cupric Oxide) 2 mg	100%
Riboflavin 1.7 mg	100%	Manganese (as Manganese Sulfate) 4 mg	200%
Niacin (as Niacinamide) 20 mg	100%	Chromium (as Chromium Chloride) 120 mcg	100%
Vitamin B ₆ (as Pyridoxine Hydrochloride) 6 mg	300%	Molybdenum (as Sodium Molybdate) 75 mcg	100%

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

OTHER INGREDIENTS: Soybean Oil, Gelatin, Glycerin, Dibasic Calcium Phosphate, Water, Soy Lecithin, Yellow Beeswax, Color Added, Yellow 6, Red 40, Blue 1.
Contains: Soy.

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

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, out of reach of children.

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

Multi For Her 50+ softgels are made to Nature Made's guaranteed purity and potency standards.

Encapsulated and Quality Tested in the U.S.A.

Lot:
Exp:

