

List No. 4047  
L200  
Cat. A064  
5A007



# MULTI For Him

DIETARY SUPPLEMENT  
**60 SOFTGELS**

**22 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 (as Beta Carotene) 2500 IU	50%
Vitamin C (as Ascorbic Acid) 60 mg	100%
Vitamin D <sub>3</sub> (as Cholecalciferol) 1000 IU	250%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 50 IU	167%
Vitamin K (as Phytonadione) 40 mcg	50%
Thiamin (as Thiamin Mononitrate) 1.5 mg	100%
Riboflavin 1.7 mg	100%
Niacin (as Niacinamide) 20 mg	100%
Vitamin B <sub>6</sub> (as Pyridoxine Hydrochloride) 4 mg	200%

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

Amount Per Softgel	% Daily Value
Folic Acid 400 mcg	100%
Vitamin B <sub>12</sub> (as Cyanocobalamin) 18 mcg	300%
Biotin 30 mcg	10%
Pantothenic Acid (as d-Calcium Pantothenate) 10 mg	100%
Calcium (as Calcium Carbonate) 100 mg	10%
Iodine (as Potassium Iodide) 150 mcg	100%
Magnesium (as Magnesium Oxide) 40 mg	10%
Zinc (as Zinc Oxide) 15 mg	100%
Selenium (as Selenium Yeast) 40 mcg	57%
Copper (as Cupric Oxide) 2 mg	100%
Manganese (as Manganese Sulfate) 4 mg	200%
Chromium (as Chromium Chloride) 120 mcg	100%
Molybdenum (as Sodium Molybdate) 45 mcg	60%

**OTHER INGREDIENTS:** Soybean Oil, Gelatin, Glycerin, Dibasic Calcium Phosphate, Water, Yellow Beeswax, Soy Lecithin, 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](http://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 Him softgels are made to Nature Made's guaranteed purity and potency standards. Encapsulated and Quality Tested in the U.S.A.

Lot:  
Exp.:

