

EVERYDAY VALUE

List No. 4100
L200
Cat. A063
5A008


Nature Made

MULTI Complete

DIETARY SUPPLEMENT
~~60~~ **75** SOFTGELS

23 Key Nutrients for
Daily Nutritional Support
Clinically Proven
Absorption[‡]

Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value	Amount Per Softgel	% Daily Value
Calories 10		Vitamin B ₁₂ (as Cyanocobalamin) 6 mcg	100%
Calories from Fat 10		Biotin 30 mcg	10%
Total Fat 1 g	2%*	Pantothenic Acid 10 mg	100%
Protein Less than 1 g		(as d-Calcium Pantothenate)	
Vitamin A (as Beta Carotene) 2500 IU	50%	Calcium (as Calcium Carbonate) 100 mg	10%
Vitamin C (as Ascorbic Acid) 60 mg	100%	Iron (as Ferrous Fumarate) 18 mg	100%
Vitamin D ₃ (as Cholecalciferol) 1000 IU	250%	Iodine (as Potassium Iodide) 150 mcg	100%
Vitamin E (as d-Alpha Tocopheryl Acetate) 50 IU	167%	Magnesium (as Magnesium Oxide) 40 mg	10%
Vitamin K (as Phytonadione) 40 mcg	50%	Zinc (as Zinc Oxide) 15 mg	100%
Thiamin (as Thiamin Mononitrate) 1.5 mg	100%	Selenium (as Selenium Yeast) 20 mcg	25%
Riboflavin 1.7 mg	100%	Copper (as Cupric Oxide) 2 mg	100%
Niacin (as Niacinamide) 20 mg	100%	Manganese (as Manganese Sulfate) 4 mg	200%
Vitamin B ₆ (as Pyridoxine Hydrochloride) 2 mg	100%	Chromium (as Chromium Chloride) 120 mcg	100%
Folic Acid 400 mcg	100%	Molybdenum (as Sodium Molybdate) 45 mcg	60%

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

OTHER INGREDIENTS: Soybean Oil, Gelatin, Glycerin, Dibasic Calcium Phosphate, Soy Lecithin, Yellow Beeswax, Water, 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

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

Multi Complete softgels are made to Nature Made's guaranteed purity and potency standards.

[‡]Folic acid, Iron, Vitamin D and Vitamin E. Data available.

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.

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.

Lot:
Exp.: