

List No. 4214
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**NATURAL
FRUIT FLAVORS**

adult **gummies**

Multi for Her

plus **OMEGA-3s**



60 mg heart-healthy omega-3s EPA and DHA per serving†

80 GUMMIES
DIETARY SUPPLEMENT

Lemon, Orange & Strawberry
with other natural flavors

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size 2 Gummies
Servings Per Container 40

Amount Per Serving	% Daily Value
Calories 25	
Cholesterol less than 5 mg	< 1%**
Total Carbohydrate 5 g	2%**
Sugars 4 g	*
Protein less than 1 g	
Vitamin A (as Retinyl Acetate) 4000 IU	80%
Vitamin C (as Sodium Ascorbate) 60 mg	100%
Vitamin D ₃ (as Cholecalciferol) 400 IU	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 30 IU	100%
Niacin (as Niacinamide) 13 mg	65%
Vitamin B ₆ (as Pyridoxine Hydrochloride) 5 mg	250%
Folic Acid 400 mcg	100%
Vitamin B ₁₂ (as Cyanocobalamin) 12 mcg	200%
Biotin 100 mcg	33%
Zinc (as Zinc Sulfate) 3.8 mg	25%
Chromium (as Chromium Chloride) 60 mcg	50%
Sodium 20 mg	1%
Fish Oil 227 mg	*
Total EPA & DHA 60 mg	*
Omega-3 DHA (Docosahexaenoic Acid) 50 mg	
Omega-3 EPA (Eicosapentaenoic Acid) 10 mg	

* Daily Value not established.

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

Made with natural fruit flavors that adults prefer, **Nature Made Adult Gummies** are a great tasting way to take your vitamins and supplements. We're so sure you'll love the taste, we guarantee it. For more information on our **Love Them or They're Free** guarantee, visit www.naturemade.com/gummyguarantee.

**Does Not Contain Iron • All Natural Flavors
Colors Derived from Natural Sources •
No Synthetic Dyes • No Yeast • Gluten Free**

SUGGESTED USE: Chew two gummies daily.

Keep bottle tightly closed. Store in a cool, dry place, out of reach of children. Consult with healthcare professional as to specific iron supplementation needs.

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

CAUTION: If you are pregnant or nursing, taking medication, facing surgery, have bleeding problems, or undergoing any other treatment which may affect the ability of blood to clot, consult your physician before taking this product.

OTHER INGREDIENTS: Sugar, Corn Syrup, Water, Gelatin, Citric Acid, Lactic Acid, Calcium Lactate, Natural Flavors, Corn Starch, Modified Food Starch, Malic Acid, Colors Added (Including Carmine), Tocopherols.

Contains: Fish (Tuna).

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

Multi for Her plus Omega-3's adult gummies are made to Nature Made's guaranteed purity and potency standards.

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