

List No. 4044
L300
Cat. A063
5A007

ORIGINAL
FORMULA

Nature Made

MULTI Complete

DIETARY SUPPLEMENT
60 SOFTGELS

23 Key Nutrients for
Daily Nutritional Support†
Clinically Shown
Absorption

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www.NatureMade.com

13XJ-VE5C

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 (as d-Calcium Pantothenate) 10 mg	100%
Protein Less than 1 g		Calcium (as Calcium Carbonate) 100 mg	10%
Vitamin A (100% as Beta Carotene) 2500 IU	50%	Iron (as Ferrous Fumarate) 18 mg	100%
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) 40 mg	10%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 50 IU	167%	Zinc (as Zinc Oxide) 15 mg	100%
Vitamin K (as Phytonadione) 40 mcg	50%	Selenium (as Selenium Yeast) 20 mcg	29%
Thiamin (as Thiamin Mononitrate) 15 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) 2 mg	100%	Molybdenum (as Sodium Molybdate) 45 mcg	60%
Folic Acid 400 mcg	100%		

*Percent Daily Values are based on a 2000 calorie diet.

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.

†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.

No Artificial Flavors
No Preservatives • No Starch
Gluten Free

SUGGESTED USE: For best results, take one softgel daily, with a meal. 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 5. 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
Multi Complete softgels are made to Nature Made's guaranteed purity and potency standards.
• Valid only for U.S. and Puerto Rico residents.

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Lot:
Exp.: