



Supplement Facts

Serving Size 2 gummies
Servings Per Container 45

Amount Per Serving	% Daily Value
Calories 20	
Total Carbohydrate 4 g	1%**
Sugars 3 g	*
Vitamin A (as Retinol Acetate) 4000 IU	80%
Vitamin C (as Ascorbic Acid) 60 mg	100%
Vitamin D ₃ (as Cholecalciferol) 400 IU	100%
Vitamin E (as dl Alpha Tocopheryl Acetate) 30 IU	100%
Niacin (as Inositol Nicotinate) 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%
Fish Oil 227 mg	*
Total EPA & DHA 57 mg	*
Omega-3 DHA (Docosahexaenoic Acid) 47.5 mg	
Omega-3 EPA (Eicosapentaenoic Acid) 9.5 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.

OTHER INGREDIENTS: Corn Syrup, Sugar, Gelatin, Water, Citric Acid, Natural Flavors, Lactic Acid, Modified Food Starch, Colors Added, Medium Chain Triglycerides, Corn Starch, White Beeswax, Tocopherols. Contains: Fish (Tuna) and Soy.

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.

†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.