

**Nature Made**

# MULTI Complete

MADE WITH D3

WITH IRON  
& CALCIUM

23 Key  
Nutrients  
for Daily  
Nutritional  
Support

DIETARY SUPPLEMENT  
60 LIQUID SOFTGELS

Enter Code for Wellness Rewards points at [www.NatureMade.com](http://www.NatureMade.com)

BGK2-J81Z

## Supplement Facts

Serving Size 1 softgel

Amount Per Softgel % DV

Calories 10

Calories from Fat 10

Total Fat 1 g 2%\*

Protein < 1 g  $\Delta$

Vitamin A 2500 I.U. 50%

100% as Beta Carotene

Vitamin C 60 mg 100%

Vitamin D3 1000 I.U. 250%

Vitamin E 50 I.U. 167%

Vitamin K 40 mcg 50%

Thiamin 1.5 mg 100%

Riboflavin 1.7 mg 100%

Niacin 20 mg 100%

Vitamin B6 2 mg 100%

Amount Per Softgel % DV

Folic Acid 400 mcg 100%

Vitamin B12 6 mcg 100%

Biotin 30 mcg 10%

Pantothenic Acid 10 mg 100%

Calcium 100 mg 10%

Iron 18 mg 100%

Iodine 150 mcg 100%

Magnesium 40 mg 10%

Zinc 15 mg 100%

Selenium 20 mcg 29%

Copper 2 mg 100%

Manganese 4 mg 200%

Chromium 120 mcg 100%

Molybdenum 45 mcg 60%

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

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

$\Delta$  Valid only for U.S. and Puerto Rico residents.

No Artificial...  
No Starch...  
SUGGESTED...  
softgel...  
closed...  
Do not...  
or missing...  
INGREDIENTS...  
Carbonate...  
Acid, Ferrous...  
Acetate, Soy...  
Niacinamide...  
Oxide, Rice...  
Panthenol...  
(Artificial...  
Hydrochloride...  
Carotene, Yellow...  
Folic Acid, Potassium...  
Blue 1, Phosphorus...  
(Cholesterol...  
Distributed by...  
Nature Made...  
Mission Hills...  
1-800-276-2874...  
WARNING: ...  
iron-containing...  
cause of...  
under &...  
reach of...  
accidental...  
poison control...