

OVER 45 YEARS OF EXPERTISE



# Multi For Him



No Iron

90 TABLETS

22 key nutrients  
for daily nutritional  
support

Dietary Supplement

## SUGGESTED USE:

Adults, take 1 tablet daily with water and a meal.

Store tightly closed, in a cool, dry place, out of reach of children.

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

## Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value	Amount Per Tablet	% Daily Value
Vitamin A 750 mcg (as Retinyl Acetate and 60% as Beta Carotene)	83%	Biotin 30 mcg	100%
Vitamin C (as Ascorbic Acid) 180 mg	200%	Pantothenic Acid 10 mg (as d-Calcium Pantothenate)	200%
Vitamin D <sub>3</sub> (as Cholecalciferol) 25 mcg (1000 IU)	125%	Calcium (as Calcium Carbonate) 160 mg	12%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 22.5 mg	150%	Iodine (as Potassium Iodide) 150 mcg	100%
Vitamin K (as Phytonadione) 80 mcg	67%	Magnesium (as Magnesium Oxide) 100 mg	24%
Thiamin (as Thiamine Mononitrate) 1.5 mg	125%	Zinc (as Zinc Oxide) 15 mg	136%
Riboflavin 1.7 mg	131%	Selenium (as Sodium Selenate) 70 mcg	127%
Niacin (as Niacinamide) 20 mg	125%	Copper (as Cupric Sulfate) 2 mg	222%
Vitamin B <sub>6</sub> (as Pyridoxine Hydrochloride) 4 mg	235%	Manganese (as Manganese Sulfate) 4 mg	174%
Folate 665 mcg DFE (400 mcg Folic Acid)	167%	Chromium (as Chromium Chloride) 120 mcg	343%
Vitamin B <sub>12</sub> (as Cyanocobalamin) 18 mcg	750%	Molybdenum (as Sodium Molybdate) 75 mcg	167%

- ✓ No Color Added
- ✓ No Artificial Flavors
- ✓ Gluten Free

## CAUTION:

If you are taking medication or have blood clotting issues, consult your physician before use.

## OTHER INGREDIENTS:

Cellulose Gel, Modified Food Starch, Maltodextrin, Croscarmellose Sodium, Hypromellose, Magnesium Stearate, Silicon Dioxide, Gelatin, Polyethylene Glycol.

## DISTRIBUTED BY:

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[www.NatureMade.com](http://www.NatureMade.com)

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Lot:  
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