



**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
Vitamin C (as Ascorbic Acid) 500 mg	556%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 13.5 mg	90%
Thiamin (as Thiamine Mononitrate) 10 mg	833%
Riboflavin 10 mg	769%
Niacin (as Niacinamide) 100 mg	625%
Vitamin B <sub>6</sub> (as Pyridoxine Hydrochloride) 5 mg	294%
Folate 665 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B <sub>12</sub> (as Cyanocobalamin) 12 mcg	500%
Biotin 45 mcg	150%
Pantothenic Acid (as d-Calcium Pantothenate) 20 mg	400%
Zinc (as Zinc Sulfate) 23.9 mg	217%
Copper (as Copper Oxide) 3 mg	333%

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

### CAUTION:

If you are taking medication, including anticonvulsants, consult your physician before use.

### OTHER INGREDIENTS:

Cellulose Gel, Croscarmellose Sodium, Calcium Carbonate, Modified Food Starch, Hypromellose, Stearic Acid, Dibasic Calcium Phosphate, Silicon Dioxide, Magnesium Stearate, Polyethylene Glycol.

**DISTRIBUTED BY:** Nature Made Nutritional Products

West Hills, CA 91309-9903, USA 1-800-276-2878 • [www.NatureMade.com](http://www.NatureMade.com)

Tableted and quality tested in the USA. Made to our guaranteed purity and potency standards.

Lot :  
Exp.: