



Nature Made®

MULTI COMPLETE

23 key nutrients for daily
nutritional support
Made with vitamin D3 and iron

130 TABLETS | Dietary Supplement



USAGE:

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 A 750 mcg (as Retinyl Acetate and 60% as Beta Carotene)	83%
Vitamin C (as Ascorbic Acid) 180 mg	200%
Vitamin D ₃ (as Cholecalciferol) 25 mcg (1000 IU)	125%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 22.5 mg	150%
Vitamin K (as Phytonadione) 80 mcg	67%
Thiamin (as Thiamine Mononitrate) 1.5 mg	125%
Riboflavin 1.7 mg	131%
Niacin (as Niacinamide) 20 mg	125%
Vitamin B ₆ (as Pyridoxine Hydrochloride) 2 mg	118%
Folate 665 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B ₁₂ (as Cyanocobalamin) 6 mcg	250%
Biotin 30 mcg	100%

Amount Per Tablet	% Daily Value
Pantothenic Acid 10 mg (as d-Calcium Pantothenate)	200%
Calcium (as Calcium Carbonate) 160 mg	12%
Iron (as Ferrous Fumarate) 18 mg	100%
Iodine (as Potassium Iodide) 150 mcg	100%
Magnesium (as Magnesium Oxide) 100 mg	24%
Zinc (as Zinc Oxide) 15 mg	136%
Selenium (as Sodium Selenate) 70 mcg	127%
Copper (as Cupric Sulfate) 2 mg	222%
Manganese (as Manganese Sulfate) 4 mg	174%
Chromium (as Chromium Chloride) 120 mcg	343%
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.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

OTHER INGREDIENTS:

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

DISTRIBUTED BY:

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www.NatureMade.com

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Lot:
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USP sets official standards for dietary supplements. www.uspverified.org