

List No. 1791  
L400 Cat. A453  
5A007



Nature Made®

WOMEN'S  
**MULTI**

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



90 TABLETS | 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.

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

### Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet      % Daily Value

Vitamin A 750 mcg      83%  
(as Retinyl Acetate and 60% as Beta Carotene)

Vitamin C (as Ascorbic Acid) 180 mg      200%

Vitamin D<sub>3</sub> (as Cholecalciferol) 25 mcg (1000 IU)      125%

Vitamin E (as d-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<sub>6</sub> (as Pyridoxine Hydrochloride) 2 mg      118%

Folate 1000 mcg DFE (600 mcg Folic Acid)      250%

Vitamin B<sub>12</sub> (as Cyanocobalamin) 6 mcg      250%

Amount Per Tablet      % Daily Value

Biotin 30 mcg      100%

Pantothenic Acid (as d-Calcium Pantothenate) 10 mg      200%

Calcium (as Calcium Carbonate) 250 mg      19%

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

**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, Magnesium  
Stearate, Silicon Dioxide, Gelatin,  
Polyethylene Glycol.

#### DISTRIBUTED BY:

Nature Made  
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1-800-276-2878  
www.NatureMade.com

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