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OVER 45 YEARS OF EXPERTISE

  
**Nature Made®**

# Multi For Her 50+



No Iron

60 SOFTGELS

22 key  
nutrients for  
daily nutritional  
support

Dietary Supplement

## SUGGESTED USE:

Adults, take 1 softgel 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 Softgel

| Amount Per Softgel                                        | % Daily Value |
|-----------------------------------------------------------|---------------|
| Calories 10                                               |               |
| Total Fat 1 g                                             | 1%*           |
| Protein less than 1 g                                     |               |
| Vitamin A (as Beta Carotene) 750 mcg                      | 83%           |
| Vitamin C (as Ascorbic Acid) 60 mg                        | 67%           |
| Vitamin D <sub>3</sub> (as Cholecalciferol) 25 mcg        | 125%          |
| Vitamin E (as dl-Alpha Tocopheryl Acetate) 27 mg          | 180%          |
| 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) 6 mg | 353%          |
| Folate 665 mcg DFE (400 mcg Folic Acid)                   | 167%          |

| Amount Per Softgel                                    | % Daily Value |
|-------------------------------------------------------|---------------|
| Vitamin B <sub>12</sub> (as Cyanocobalamin) 25 mcg    | 1042%         |
| Biotin 30 mcg                                         | 100%          |
| Pantothenic Acid 10 mg<br>(as d-Calcium Pantothenate) | 200%          |
| Calcium (as Calcium Carbonate) 200 mg                 | 15%           |
| Iodine (as Potassium Iodide) 150 mcg                  | 100%          |
| Magnesium (as Magnesium Oxide) 100 mg                 | 24%           |
| Zinc (as Zinc Oxide) 15 mg                            | 136%          |
| Selenium (as Selenium Yeast) 70 mcg                   | 123%          |
| Copper (as Cupric Oxide) 2 mg                         | 222%          |
| Manganese (as Manganese Sulfate) 4 mg                 | 174%          |
| Chromium (as Chromium Chloride) 120 mcg               | 343%          |
| Molybdenum (as Sodium Molybdate) 75 mcg               | 163%          |

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

✓ No Artificial Flavors  
✓ Gluten Free

## CAUTION:

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

## OTHER INGREDIENTS:

Soybean Oil, Gelatin, Glycerin, Dibasic Calcium Phosphate, Water, Rapeseed Lecithin, Yellow Beeswax, Color Added, Yellow 6, Red 40, Blue 1.

## DISTRIBUTED BY:

Nature Made Nutritional Products  
West Hills, CA 91309-9903  
USA

1-800-276-2878

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

USP has tested and verified ingredients, potency and manufacturing process. USP sets official standards for dietary supplements. [www.uspverified.org](http://www.uspverified.org)

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