

# VALUE SIZE

List No. 2894  
L300  
Cat. A455  
5A008



# MULTI For Her 50+

MADE WITH **D3**



**NO IRON**

DIETARY SUPPLEMENT  
**120 TABLETS**

**22 Key  
Nutrients  
to Support  
50+ Women's  
Health**

Enter Code for Wellness  
Rewards Points at  
[www.NatureMade.com](http://www.NatureMade.com)

No Color Added • No Artificial Flavors • No Preservatives • No Yeast, Gluten Free.

**SUGGESTED USE:** For best results, take one tablet daily with a meal. Keep bottle tightly closed. Store 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 2500 IU <small>(as Acetate and 50% as Beta Carotene)</small>	50%	Biotin 30 mcg	10%
Vitamin C (as Ascorbic Acid) 180 mg	300%	<b>Pantothenic Acid</b> <small>(as d-Calcium Pantothenate) 10 mg</small>	100%
Vitamin D3 (as Cholecalciferol) 1000 IU	250%	Calcium (as Calcium Carbonate) 300 mg	25%
Vitamin E (as d-Alpha Tocopheryl Acetate) 60 IU	200%	Iodine (as Potassium Iodide) 150 mcg	100%
Vitamin K (as Phytonadione) 80 mcg	100%	Magnesium (as Magnesium Oxide) 100 mg	25%
Thiamin (as Thiamin Mononitrate) 1.5 mg	100%	Zinc (as Zinc Oxide) 15 mg	100%
Riboflavin 1.7 mg	100%	Selenium (as Sodium Selenate) 70 mcg	100%
Niacin (as Niacinamide) 20 mg	100%	Copper (as Cupric Sulfate) 2 mg	100%
Vitamin B6 (as Pyridoxine Hydrochloride) 6 mg	300%	Manganese (as Manganese Sulfate) 4 mg	200%
Folic Acid 400 mcg	100%	Chromium (as Chromium Chloride) 120 mcg	100%
Vitamin B12 (as Cyanocobalamin) 25 mcg	417%	Molybdenum (as Sodium Molybdate) 75 mcg	100%

**OTHER INGREDIENTS:** Cellulose Gel, Corn Starch, Maltodextrin, Croscarmellose Sodium, Hydroxypropyl Methylcellulose, Magnesium Stearate, Silicon Dioxide, Polyethylene Glycol.

Distributed by: **Nature Made Nutritional Products**  
Mission Hills, CA 91346-9606, U.S.A. 1-800-276-2878 • [www.NatureMade.com](http://www.NatureMade.com)  
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Lot:  
Exp.: