

OVER 50 YEARS OF EXPERTISE

Nature Made

Multi



INCLUDING IRON

23 key nutrients
for daily
nutritional support

Supports a healthy
immune system, bone &
muscle health & cellular
energy production[†]

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.

- ✓ 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:
Nature Made
Nutritional Products
West Hills, CA 91309-9903
USA
1-800-276-2878
www.NatureMade.com

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value	Amount Per Tablet	% Daily Value
Vitamin A 750 mcg (as Retinyl Acetate and 60% as Beta Carotene)	83%	Pantothenic Acid 10 mg (as d-Calcium Pantothenate)	200%
Vitamin C (as Ascorbic Acid) 180 mg	200%	Calcium (as Calcium Carbonate) 160 mg	12%
Vitamin D ₃ (as Cholecalciferol) 25 mcg (1000 IU)	125%	Iron (as Ferrous Fumarate) 18 mg	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 22.5 mg	150%	Iodine (as Potassium Iodide) 150 mcg	100%
Vitamin K (as Phytonadione) 80 mcg	67%	Magnesium (as Magnesium Oxide) 100 mg	24%
Thiamin (as Thiamine Mononitrate) 1.5 mg	125%	Zinc (as Zinc Oxide) 15 mg	136%
Riboflavin 1.7 mg	131%	Selenium (as Sodium Selenate) 70 mcg	127%
Niacin (as Niacinamide) 20 mg	125%	Copper (as Cupric Sulfate) 2 mg	222%
Vitamin B ₆ (as Pyridoxine Hydrochloride) 2 mg	118%	Manganese (as Manganese Sulfate) 4 mg	174%
Folate 665 mcg DFE (400 mcg Folic Acid)	167%	Chromium (as Chromium Chloride) 120 mcg	343%
Vitamin B ₁₂ (as Cyanocobalamin) 6 mcg	250%	Molybdenum (as Sodium Molybdate) 75 mcg	167%
Biotin 30 mcg	100%		

[†]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

USP has tested and verified ingredients, potency and manufacturing process. USP sets official standards for dietary supplements. www.uspverified.org

Lot:
Exp.: