

List No. 1796  
USP Cat. A455  
54007

OVER 50 YEARS OF EXPERTISE



# Multi For Her 50+



NO IRON

22 key nutrients  
for daily nutritional  
support

Supports a healthy  
immune system, bone  
health and cellular  
energy production<sup>†</sup>

Dietary Supplement

<sup>†</sup>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.

### 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.

## Supplement Facts

Serving Size 1 Tablet

| Amount Per Tablet  | % Daily Value | Amount Per Tablet                                     | % Daily Value |
|--|---------------|---|---------------|
| Vitamin A 750 mcg<br>(as Vitamin A Acetate and 60% as Beta Carotene) | 83%           | Biotin 30 mcg   | 100%          |
| Vitamin C (as Ascorbic Acid) 180 mg                                  | 200%          | Pantothenic Acid 10 mg<br>(as d-Calcium Pantothenate) | 200%          |
| Vitamin D <sub>3</sub> (as Cholecalciferol) 25 mcg (1000 IU)         | 125%          | Calcium (as Calcium Carbonate) 200 mg                 | 15%           |
| Vitamin E (as dl-Alpha Tocopheryl Acetate) 27 mg                     | 180%          | 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 <sub>6</sub> (as Pyridoxine Hydrochloride) 6 mg            | 353%          | 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 <sub>12</sub> (as Cyanocobalamin) 25 mcg                   | 1042%         | 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.

### 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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www.NatureMade.com

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Lot:  
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