

List No. 4045
USP Cat. A102
54007

OVER 50 YEARS OF EXPERTISE

Nature Made®



INCLUDING **IRON**

**22 key nutrients
for daily nutritional
support**

**Supports a healthy
immune system, bone
health and cellular
energy production†**

Dietary Supplement

†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 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 ₃ (as Cholecalciferol) 25 mcg (1000 IU)	125%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 22.5 mg	150%
Vitamin K (as Phytonadione) 40 mcg	33%
Thiamin (as Thiamine Mononitrate) 1.5 mg	125%
Riboflavin 1.7 mg	131%
Niacin (as Niacinamide) 20 mg	125%
Vitamin B ₆ (as Pyridoxine Hydrochloride) 2 mg	118%
Folate 1000 mcg DFE (600 mcg Folic Acid)	250%

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

Amount Per Softgel	% Daily Value
Vitamin B ₁₂ (as Cyanocobalamin) 6 mcg	250%
Biotin 30 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate) 10 mg	200%
Calcium (as Calcium Carbonate) 100 mg	8%
Iron (as Ferrous Fumarate) 18 mg	100%
Iodine (as Potassium Iodide) 150 mcg	100%
Magnesium (as Magnesium Oxide) 40 mg	10%
Zinc (as Zinc Oxide) 15 mg	136%
Selenium (as Selenium Yeast) 20 mcg	36%
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) 45 mcg	100%

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



**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:

Soybean Oil, Gelatin, Glycerin, Dibasic Calcium Phosphate, Rapeseed Lecithin, Yellow Beeswax, Water, 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

Lot:
Exp.: