

OVER 45 YEARS OF EXPERTISE

Nature Made

Multi For Him



No Iron

60 SOFTGELS

21 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 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) 4 mg	235%
Folate 665 mcg DFE (400 mcg Folic Acid)	167%

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

Amount Per Softgel	% Daily Value
Vitamin B ₁₂ (as Cyanocobalamin) 18 mcg	750%
Biotin 30 mcg	100%
Pantothenic Acid 10 mg (as d-Calcium Pantothenate)	200%
Calcium (as Calcium Carbonate) 100 mg	8%
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) 40 mcg	73%
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%

✓ 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, Yellow Beeswax, Rapeseed Lecithin, Water, Color Added, Yellow 6, Red 40, Blue 1.

DISTRIBUTED BY:

Nature Made
Nutritional Products
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www.NatureMade.com

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

Lot:
Exp.: