



COMPARE + SAVE



MULTI-DAY[®]

PLUS MINERALS

Multivitamin/Multimineral
Supplement

100 tablets
DIETARY SUPPLEMENT



Prod. No. 4130

B4136

12F

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Vitamin A	2,500 IU	50%
(as Vitamin A Acetate and 20% as Beta-Carotene)		
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU	100%
Vitamin K (as Phytonadione)	25 mcg	31%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Biotin (as d-Biotin)	30 mcg	10%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium	162 mg	16%
(as Dicalcium Phosphate and Calcium Carbonate)		

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate. **Contains <2% of:** FD&C Blue No. 2 Lake, FD&C Red No. 40 Lake, FD&C Yellow No. 6 Lake, Titanium Dioxide Color. Contains fish (cod, pollock, haddock, hake, cusk, redfish, sole, flounder) ingredients.

No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Shellfish.

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

Nutrition Questions or Comments?

Call 1-800-433-2990

Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

Amount Per Serving		%Daily Value
Iron (as Ferrous Fumarate)	18 mg	100%
Phosphorus (as Dicalcium Phosphate)	109 mg	11%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as Sodium Selenate)	20 mcg	29%
Copper (as Cupric Sulfate)	2 mg	100%
Manganese (as Manganese Sulfate)	3.5 mg	175%
Chromium (as Chromium Chloride)	65 mcg	54%
Molybdenum (as Sodium Molybdate)	160 mcg	213%
Chloride (as Potassium Chloride)	72 mg	2%
Potassium (as Potassium Chloride)	80 mg	2%
Boron (as Sodium Borate)	150 mcg	*
Tin (as Tin Chloride)	10 mcg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*
Nickel (as Nickel Sulfate)	5 mcg	*
Silicon (as Silicon Dioxide)	2 mg	*

*Daily Value not established.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing.

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