

COMPARE + SAVE



MULTI-DAY[®] WOMEN'S WITH CALCIUM & IRON

Multivitamin/Multimineral
Supplement

COMPREHENSIVE
FORMULA

100 tablets
DIETARY SUPPLEMENT



Prod. No. 4240
B19097 13E

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Vitamin A (as Vitamin A Acetate and 20% as Beta-Carotene)	2,500 IU	50%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as D3 Cholecalciferol)	1,000 IU	250%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	22.5 IU	75%
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)	10 mg	50%
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)	5 mg	50%
Calcium (as Calcium Carbonate)	500 mg	50%
Iron (as Ferrous Fumarate)	18 mg	100%
Magnesium (as Magnesium Oxide)	50 mg	13%
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)	2 mg	100%
Chromium (as Chromium Chloride)	120 mcg	100%

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Crospovidone, FD&C Blue No. 2 Lake, FD&C Yellow No. 5 Lake, FD&C Yellow No. 6 Lake, Silica, Starch, Titanium Dioxide Color, Vegetable Magnesium Stearate.

Contains fish (cod, pollock, haddock, hake, cusk, redfish, sole, flounder) ingredients.

No Artificial Flavor, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish.

- Multi-Day[®] with Calcium and Iron gives you 100% of the Daily Value for many essential nutrients.
- Excellent Source of Calcium – equal to as much as 12 ounces of milk. Our calcium content is the same as other leading brands.
- High in Iron - which plays a key role in energy utilization.*
- 100% Daily Value of Folic Acid, a vitally important nutrient, especially for women.*

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

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical 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.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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

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