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OVER 50 YEARS OF EXPERTISE

NatureMade

NEW

Multi + Ashwagandha

DAILY STRESS SUPPORT†

Ashwagandha reduces
stress & occasional
anxiousness†

Dietary Supplement
60 CAPSULES



SUGGESTED USE: Adults, take 1 capsule daily with water and a meal.
Store tightly closed, in a cool, dry place, out of reach of children.
Do not use if seal under cap is broken or missing.

Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule	% Daily Value	Amount Per Capsule	% Daily Value
Vitamin A (as Retinyl Acetate & Beta Carotene) 750 mcg	83%	Pantothenic Acid (as d-Calcium Pantothenate) 10 mg	200%
Vitamin C (as Ascorbic Acid) 60 mg	67%	Calcium (as Calcium Carbonate) 130 mg	10%
Vitamin D ₃ (as Cholecalciferol) 35 mcg (1000 IU)	125%	Iodine (as Potassium Iodine) 150 mcg	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 15 mg	100%	Zinc (as Zinc Sulfate) 11 mg	100%
Vitamin K (as Phytonadione) 100 mcg	83%	Selenium (as Sodium Selenate) 55 mcg	100%
Thiamin (as Thiamine Mononitrate) 1.5 mg	125%	Copper (as Copper Sulfate) 0.5 mg	56%
Riboflavin 1.7 mg	131%	Manganese (as Manganese Sulfate) 2.3 mg	100%
Niacin (as Nicotinamide) 20 mg	125%	Chromium (as Chromium Chloride) 35 mcg	100%
Vitamin B ₆ (as Pyridoxine Hydrochloride) 2 mg	118%	Molybdenum (as Sodium Molybdate) 45 mcg	100%
Folate 400 mcg DFE (240 mcg Folic Acid)	100%	Sensoril® Ashwagandha 125 mg	*
Vitamin B ₁₂ (as Cyanocobalamin) 6 mcg	250%	(Withania somnifera) root and leaf extract	
Biotin 30 mcg	100%		

* Daily Values not established.

OTHER INGREDIENTS: Hypromellose, Modified Food Starch, Dibasic Calcium Phosphate, Maltodextrin, Cellulose Gel, Silicon Dioxide, Magnesium Stearate, Gelatin.

DISTRIBUTED BY: Nature Made Nutritional Products

West Hills, CA 91309-9903, USA 1-800-276-2878 • www.NatureMade.com

Encapsulated and quality tested in the USA. Made to our guaranteed purity and potency standards.
SENSORIL® is a registered trademark of Natreon, Inc.

- ✓ No Artificial Flavors
- ✓ Gluten Free

CAUTION:
If you are pregnant, nursing, taking medications, or have blood clotting issues, consult your physician before use.

Lot:
Exp:

†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.

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