



NATURE'S BOUNTY

MULTI-DAY[®]

PLUS MINERALS

COMPARE AND SAVE

DIETARY SUPPLEMENT

100 TABLETS

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 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 (as Dicalcium Phosphate and Calcium Carbonate) | 162 mg | 16% |

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 NutraPhone[®] 1-800-433-2990
Mon. - Fri. 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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|-------------------------------------|---------|------|
| 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 or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

Carefully Manufactured by
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