



Healthy you  
Healthy earth



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# MULTI-DAY® PLUS MINERALS

COMPARE AND SAVE

DIETARY SUPPLEMENT  
100 TABLETS

Prod. No. 4130  
B4136 11E



## 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 Phytanadione)	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%

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.

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](http://www.NaturesBounty.com)

**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.

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