

**NATURE'S BOUNTY®****MULTI-DAY®****MULTIVITAMIN PLUS IRON****COMPARE + SAVE****MULTIVITAMIN SUPPLEMENT 100 TABLETS****Supplement Facts**

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Vitamin A (as Retinyl Acetate and Beta-Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as Ergocalciferol)	400 IU	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU	100%
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%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Iron (as Ferrous Fumarate)	18 mg	100%

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

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

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

WARNING: If you are pregnant, nursing, 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 at room temperature. Do not use if seal under cap is broken or missing.

No Artificial Flavor, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish. Sodium Free.

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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