



NATURE'S BOUNTY®

MULTI-DAY®

MULTIVITAMIN SUPPLEMENT

COMPARE AND SAVE

WITH BETA-CAROTENE
100 COATED TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Vitamin A (as Vitamin A Acetate and 17% as Beta-Carotene)	3,000 IU	60%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as D3 Cholecalciferol)	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%
Calcium (as Calcium Carbonate, Dicalcium Phosphate and d-Calcium Pantothenate)	45 mg	5%

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** FD&C Red #40 Lake, Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

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

Laboratory tested to meet strict quality control standards for potency, purity, and dissolution.

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

WARNING: If you are pregnant, nursing, taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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

Nutrition Questions or Comments?
Call NutraPhone® 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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