



Healthy you  
Healthy earth

NATURE'S BOUNTY

# MULTI-DAY<sup>®</sup> WOMEN'S

COMPARE AND SAVE

WITH CALCIUM and IRON

Comprehensive  
Multivitamin/Multimineral Supplement

100 TABLETS

## Supplement Facts

Serving Size 1 Tablet

| Amount Per Serving                               |          | %Daily Value |
|--------------------------------------------------|----------|--------------|
| Vitamin A (as Retinyl Acetate and 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%         |
| Thiamin (Vitamin B-1) (as Thiamin Mononitrate)   | 1.5 mg   | 100%         |
| Riboflavin (Vitamin B-2)                         | 1.7 mg   | 100%         |
| Niacin (as Nicotinamide)                         | 10 mg    | 50%          |
| 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)     | 5 mg     | 50%          |
| Calcium (as Calcium Carbonate)                   | 450 mg   | 45%          |
| Iron (as Ferrous Fumarate)                       | 18 mg    | 100%         |
| Magnesium (as Magnesium Oxide)                   | 50 mg    | 13%          |
| Zinc (as Zinc Oxide)                             | 15 mg    | 100%         |

**Other Ingredients:** Vegetable Cellulose, Titanium Dioxide Color, Vegetable Magnesium Stearate, Silica, FD&C Yellow No. 5 Lake, FD&C Yellow No. 6 Lake, FD&C Blue No. 2 Lake.

Contains fish (cod, pollock, haddock, lake, cusk, redbait, sole, flounder) ingredients.

No Artificial Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Soy, 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.

- Multi-Day<sup>®</sup> with Calcium and Iron gives you 100% of the Daily Value for 10 essential nutrients.
- Excellent Source of Calcium – equal to as much as 12 ounces of milk. Our calcium content is the same as other leading brands.
- High in Iron – which plays a key role in energy utilization.\*
- 100% Daily Value of Folic Acid, a vitally important nutrient, especially for women.\*

**DIRECTIONS:** For adult women, 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. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

\*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.

For Nutrition Questions or Comments?  
Call NutraPhone<sup>®</sup> 1-800-433-3990  
Mon. - Fri. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards<sup>™</sup> program, visit [www.NaturesBounty.com](http://www.NaturesBounty.com)

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**NATURE'S BOUNTY, INC.**  
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Prod. No. 4240  
B4241 11D

