


# Multi For Her

## Liquid Softgels

Nature Made® Multi For Her Liquid Softgel provides 23 key nutrients specially formulated to provide daily nutritional support for women.†

- One easy to swallow softgel daily
- Provides 23 essential vitamins and minerals



**Supplement Facts**

Serving Size 1 softgel

| Amount Per Softgel | % Daily Value |
|---|---|
| Calories 10 | |
| Calories from Fat 10 | |
| Total Fat 1 g | 2%* |
| Protein Less than 1 g | |
| Vitamin A (100% as Beta Carotene) 2500 IU | 50% |
| Vitamin C (Ascorbic Acid) 60 mg | 100% |
| Vitamin D (Cholecalciferol) 1000 IU | 250% |
| Vitamin E (d-Alpha Tocopheryl Acetate) 50 IU | 167% |
| Vitamin K (Phytonadione) 40 mcg | 50% |
| Thiamin (Thiamin Mononitrate) 1.5 mg | 100% |
| Riboflavin 1.7 mg | 100% |
| Niacin (Niacinamide) 20 mg | 100% |
| Vitamin B6 (Pyridoxine Hydrochloride) 2 mg | 100% |
| Folic Acid 600 mcg | 150% |
| Vitamin B12 (Cyanocobalamin) 6 mcg | 100% |
| Biotin 30 mcg | 10% |
| Pantothenic Acid (d-Calcium Pantothenate) 10 mg | 100% |
| Calcium (Calcium Carbonate) 100 mg | 10% |
| Iron (Ferrous Fumarate) 18 mg | 100% |
| Iodine (Potassium Iodide) 150 mcg | 100% |
| Magnesium (Magnesium Oxide) 40 mg | 10% |
| Zinc (Zinc Oxide) 15 mg | 100% |
| Selenium (Selenium Yeast) 20 mcg | 29% |
| Copper (Cupric Oxide) 2 mg | 100% |
| Manganese (Manganese Sulfate) 4 mg | 200% |
| Chromium (Chromium Chloride) 120 mcg | 100% |
| Molybdenum (Sodium Molybdate) 45 mcg | 60% |

* Percent Daily Values are based on a 2,000 calorie diet.

Distributed by: Nature Made Nutritional Products
Mission Hills, CA 91346-9606, U.S.A. 1-800-276-2878 * www.NatureMade.com
Encapsulated and Quality Tested in the U.S.A.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

No Artificial Flavors
No Preservatives • No Starch
Gluten Free
SUGGESTED USE: For best results, take one softgel daily, with a meal. Keep bottle tightly closed. Store in a cool, dry place.
Do not use if imprinted seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

OTHER INGREDIENTS: Soybean Oil, Gelatin, Glycerin, Dibasic Calcium Phosphate, Soy Lecithin, Yellow Beeswax, Water, Color Added, Yellow 6, Red 40, Blue 1.

Contains: Soy

Multi for Her softgels are made to Nature Made's guaranteed purity and potency standards.

◊ Valid only for U.S. and Puerto Rico residents.




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Ensuring an adequate intake of key micronutrients is important to support overall health. Your body needs various vitamins and minerals every day to function properly. Nature Made Multi For Her Liquid Softgel provides 23 key nutrients specially formulated to help fill nutrient gaps, including folic acid, an important B vitamin for women of childbearing age and pregnant women.†

Nature Made Multi for Her Liquid Softgel is specially formulated for daily nutritional support:

- B vitamins support cellular energy production†
- Vitamin A is essential for healthy eye function†
- Vitamins A, C, and D and zinc help support the immune system†
- Vitamins C and E provide antioxidant support†
- Vitamin D helps support bone, teeth and muscle health†
- No Artificial Flavors
- No Preservatives
- No Starch
- Gluten free

Available Sizes: 60 Count

Nature Made Multi For Her Liquid Softgel is guaranteed to meet our high quality standards – it is made from carefully selected ingredients under strict manufacturing processes.

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