

S: 573905
L20AA
Cat. A373
5A002



MULTI Complete

OPTIMIZED NUTRIENT LEVELS
TO IMPROVE BODY & MIND

Multi Vitamin/Mineral Supplement
WITH IRON
30
PREMIUM TABLETS



Supplement Facts

Serving Size 1 tablet

Amount Per Tablet	% DV	Amount Per Tablet	% DV
Vitamin A 3,000 I.U.	60%	Iodine 150 mcg	100%
Vitamin C 120 mg	200%	Magnesium 100 mg	25%
Vitamin D 400 I.U.	100%	Zinc 15 mg	100%
Vitamin E 50 I.U.	167%	Selenium 25 mcg	36%
Vitamin K 25 mcg	31%	Copper 2 mg	100%
Thiamin 1.5 mg	100%	Manganese 2 mg	100%
Riboflavin 1.7 mg	100%	Chromium 120 mcg	100%
Niacin 20 mg	100%	Molybdenum 25 mcg	33%
Vitamin B6 2 mg	100%	Chloride 36 mg	1%
Folic Acid 400 mcg	100%	Potassium 40 mg	1%
Vitamin B12 6 mcg	100%	Boron 150 mcg	*
Biotin 30 mcg	10%	Nickel 5 mcg	*
Pantothenic Acid 10 mg	100%	Silicon 2 mg	*
Calcium 100 mg	10%	Tin 10 mcg	*
Iron 9 mg	50%	Vanadium 10 mcg	*
Phosphorus 77 mg	8%	Lutein 250 mcg	*

*Daily Value (DV) not established.

**No Artificial Colors • No Artificial Flavors • No Preservatives
No Chemical Solvents, Yeast or Gluten**

SUGGESTED USE: Take one tablet 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.

INGREDIENTS: Dibasic Calcium Phosphate, Cellulose Gel, Magnesium Oxide, Niacinamide Ascorbate, Potassium Chloride, Ascorbic Acid, dl-Alpha Tocopheryl Acetate, Ferrous Fumarate, Croscarmellose Sodium, Stearic Acid, Zinc Oxide, Gelatin, Hydroxypropyl Methylcellulose, d-Calcium Pantothenate, Kelp, Manganese Sulfate, Magnesium Stearate, Silicon Dioxide, Corn Starch, Copper Oxide, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Vitamin A Acetate, Modified Food Starch, Polyethylene Glycol, Sodium Borate, Folic Acid, Lutein, Potassium Iodide, Chromium Chloride, Sodium Selenate, Sodium Molybdate, Vitamin D3, Phytoquinone, Biotin, Sodium Metavanadate, Stannous Chloride, Nickelous Sulfate, Cyanocobalamin, Sodium Metasilicate.

CONTAINS: Fish (Cod, Pollock, Haddock, Hake, Cusk, Redfish, Sole, Flounder)

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.

Distributed by: **Nature Made Nutritional Products**, Mission Hills, CA 91345-9606, U.S.A.
1-800-276-2878 • www.NatureMade.com

USP has tested and verified ingredients, potency and manufacturing process.
USP sets official standards for dietary supplements. www.uspverified.org.

Lot.:
Exp.: