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OVER 50 YEARS OF EXPERTISE



Multi For Him



22 key nutrients
support a healthy
immune system +
bone & muscle health[†]

300 TABLETS

Supports healthy
cognitive function[†]

—
Supports healthy
heart function[†]

Dietary Supplement

SUGGESTED USE: Adults, take 1 tablet daily with water and a meal.
Store tightly closed, in a cool, dry place, out of reach of children.
Do not use if seal under cap is broken or missing.

CAUTION: If you are taking medication or have blood clotting issues, consult your physician before use.

- ✓ No Color Added
- ✓ No Artificial Flavors
- ✓ Gluten Free

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A 750 mcg (as Retinyl Acetate and Beta Carotene)	83%	Biotin 30 mcg	100%
Vitamin C (as Ascorbic Acid) 180 mg	200%	Pantothenic Acid 10 mg (as d-Calcium Pantothenate)	200%
Vitamin D3 25 mcg (1000 IU) (as Cholecalciferol)	125%	Calcium (as Calcium Carbonate) 160 mg	12%
Vitamin E 22.5 mg (as dl-Alpha Tocopheryl Acetate)	150%	Iodine (as Potassium Iodide) 150 mcg	100%
Vitamin K (as Phytanadione) 80 mcg	67%	Magnesium (as Magnesium Oxide) 100 mg	24%
Thiamin (as Thiamine Mononitrate) 1.5 mg	125%	Zinc (as Zinc Oxide) 11 mg	100%
Riboflavin 1.7 mg	131%	Selenium (as Sodium Selenate) 55 mcg	100%
Niacin (as Niacinamide) 20 mg	125%	Copper (as Cupric Sulfate) 0.9 mg	100%
Vitamin B6 4 mg (as Pyridoxine Hydrochloride)	235%	Manganese (as Manganese Sulfate) 2.3 mg	100%
Folate 665 mcg DFE (400 mcg Folic Acid)	166%	Chromium (as Chromium Chloride) 35 mcg	100%
Vitamin B12 (as Cyanocobalamin) 18 mcg	750%	Molybdenum (as Sodium Molybdate) 50 mcg	111%

OTHER INGREDIENTS: Cellulose Gel, Modified Food Starch, Maltodextrin, Less than 2% of Hypromellose, Croscarmellose Sodium, Magnesium Stearate, Silicon Dioxide, Gelatin, Polyethylene Glycol.

DISTRIBUTED BY: Nature Made Nutritional Products
West Hills, CA 91309-9903, USA 1-800-276-2878 • www.NatureMade.com

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[†]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.

Lot:
Exp.:

