

PK001922
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OVER 50 YEARS OF EXPERTISE

NatureMade

Multi 50+

For Him



**22 key
nutrients support
immune, muscle
& nerve health†**

250 TABLETS

**Supports healthy cognitive
& cardiovascular function†**

**Supports healthy
blood pressure†**

Dietary Supplement

EVERYDAY VALUE

*Blood pressure already within normal range†
†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.

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 Tablet	% Daily Value
Vitamin A (as Retinyl Acetate and Beta Carotene) 750 mcg	83%
Vitamin C (as Ascorbic Acid) 180 mg	200%
Vitamin D3 (as Cholecalciferol) 25 mcg (1000 IU)	125%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 27 mg	180%
Vitamin K (as Phytonadione) 80 mcg	67%
Thiamin (as Thiamine Mononitrate) 1.5 mg	125%
Riboflavin 1.7 mg	131%
Niacin (as Niacinamide) 20 mg	125%
Vitamin B6 (as Pyridoxine Hydrochloride) 6 mg	353%
Folate 665 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B12 (as Cyanocobalamin) 25 mcg	1042%

Amount Per Tablet	% Daily Value
Biotin 30 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate) 10 mg	200%
Calcium (as Calcium Carbonate) 160 mg	12%
Iodine (as Potassium Iodide) 150 mcg	100%
Magnesium (as Magnesium Oxide) 100 mg	24%
Zinc (as Zinc Oxide) 15 mg	136%
Selenium (as Sodium Selenate) 105 mcg	191%
Copper (as Cupric Sulfate) 2 mg	222%
Manganese (as Manganese Sulfate) 4 mg	174%
Chromium (as Chromium Chloride) 120 mcg	343%
Molybdenum (as Sodium Molybdate) 75 mcg	167%

OTHER INGREDIENTS: Cellulose Gel, Modified Food Starch, Less than 2% of Maltodextrin, Croscarmellose Sodium, Hypromellose, Dibasic Calcium Phosphate, 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

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

Lot:
Exp: