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OVER 50 YEARS OF EXPERTISE

NatureMade

Multi For Her



**23 key nutrients
support a healthy
immune system, bone
health & energy
metabolism^{††}**

120 TABLETS

**Supports healthy
cognitive function[†]**

**Supports healthy
heart function[†]**

Dietary Supplement

†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.

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) 250 mg	19%
Vitamin E 22.5 mg (as dl-Alpha Tocopheryl Acetate)	150%	Iron (as Ferrous Fumarate) 18 mg	100%
Vitamin K (as Phytonadione) 80 mcg	67%	Iodine (as Potassium Iodide) 150 mcg	100%
Thiamin (as Thiamine Mononitrate) 1.5 mg	125%	Magnesium (as Magnesium Oxide) 100 mg	24%
Riboflavin 1.7 mg	131%	Zinc (as Zinc Oxide) 11 mg	106%
Niacin (as Niacinamide) 20 mg	125%	Selenium (as Sodium Selenate) 55 mcg	100%
Vitamin B6 2 mg (as Pyridoxine Hydrochloride)	118%	Copper (as Cupric Sulfate) 0.9 mg	100%
Folate 1000 mcg DFE (600 mcg Folic Acid)	250%	Manganese (as Manganese Sulfate) 2.3 mg	100%
Vitamin B12 (as Cyanocobalamin) 6 mcg	250%	Chromium (as Chromium Chloride) 35 mcg	100%
		Molybdenum (as Sodium Molybdate) 50 mcg	111%

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

✓ No Color Added
✓ No Artificial Flavors
✓ Gluten Free

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.

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

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Exp. :