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OVER 50 YEARS OF EXPERTISE

Nature Made



Multi + Omega-3

EVERYDAY VALUE

WOMEN

Key nutrients support
bone & immune health
+ energy metabolism^{††}

Heart-healthy Omega-3s[†]

90 GUMMIES

Dietary Supplement

STRAWBERRY,
LEMON &
ORANGE
flavors with other
natural flavors

†Helps convert food into cellular energy*

††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.

Supplement Facts

Serving Size 2 Gummies
Servings Per Container 45

Amount Per Serving	% Daily Value
Calories 25	
Total Carbohydrate 5 g	2%**
Total Sugars 4 g	*
Includes 4 g Added Sugars	8%**
Vitamin A (as Retinyl Acetate) 450 mcg	50%
Vitamin C (as Ascorbic Acid) 60 mg	67%
Vitamin D3 (as Cholecalciferol) 25 mcg (1000 IU)	125%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 13.5 mg	90%
Niacin (as Niacinamide) 13 mg	81%
Vitamin B6 (as Pyridoxine Hydrochloride) 5 mg	294%
Folate 400 mcg DFE (240 mcg Folic Acid)	100%
Vitamin B12 (as Cyanocobalamin) 12 mcg	500%
Biotin 100 mcg	333%
Zinc (as Zinc Citrate) 3.8 mg	35%
Chromium (as Chromium Chloride) 60 mcg	171%
Sodium 10 mg	1%
Fish Oil 227 mg	*
Total EPA & DHA 60 mg	*
Omega-3 DHA (Docosahexaenoic Acid) 50 mg	*
Omega-3 EPA (Eicosapentaenoic Acid) 10 mg	*

*Daily Value not established.

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

- ✓ No Artificial Flavors - Natural Fruit Flavors
- ✓ No Synthetic Dyes - Colors Derived from Natural Sources
- ✓ No High Fructose Corn Syrup
- ✓ No Artificial Sweeteners
- ✓ Gluten Free

SUGGESTED USE: Adults, chew 2 gummies daily. This product does not contain iron. Consult with your physician as to specific iron supplementation needs.

Keep out of reach of children. Store tightly closed, in a cool, dry place.

Contents may settle over time.

Do not use if seal under cap is broken or missing.

CAUTION: Take only as directed. If you are pregnant, nursing, taking medications, or have blood clotting issues, consult your physician before use. Biotin may interfere with lab tests. If you are planning to undergo lab testing, consult your physician before use.

OTHER INGREDIENTS: Glucose Syrup, Sugar, Water, Gelatin, Less than 2% of Citric Acid, Pectin, Natural Flavors, Lactic Acid, Calcium Lactate, Colors Added (Including Carmine), Tocopherols.

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.: