

List No. 4304
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OVER 50 YEARS OF EXPERTISE

Nature Made

GUMMIES

**Multi
For Her**



Provides key nutrients to
help support women's health

Helps support:
Bone Health[†]
Immune Health[†]
Energy Metabolism^{†}**

Dietary Supplement
220 GUMMIES



Supplement Facts

Serving Size 2 Gummies
Servings Per Container 110

Amount Per Serving	% Daily Value
Calories 15	
Total Carbohydrate 4 g	1%**
Total Sugars 3 g	*
Includes 3 g Added Sugars	5%**
Vitamin A (as Retinyl Acetate) 450 mcg	50%
Vitamin C (as Ascorbic Acid) 36 mg	40%
Vitamin D3 (as Cholecalciferol) 25 mcg (1000 IU)	125%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 15 mg	100%
Niacin (as Niacinamide) 8 mg	50%
Vitamin B6 (as Pyridoxine Hydrochloride) 2 mg	118%
Folate 400 mcg DFE (240 mcg Folic Acid)	100%
Vitamin B12 (as Cyanocobalamin) 7.2 mcg	300%
Biotin 150 mcg	500%
Calcium (as Tricalcium Phosphate) 130 mg	10%
Iodine (as Potassium Iodide) 150 mcg	100%
Zinc (as Zinc Citrate) 5.5 mg	50%
Chromium (as Chromium Chloride) 17.5 mcg	50%

* Daily Value not established.

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

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

SUGGESTED USE:

Adults, chew 2 gummies daily.
This product does not contain iron.
Consult with your physician as to
specific iron supplementation needs.
Store tightly closed, in a cool, dry
place, out of reach of children.
Do not use if seal under cap
is broken or missing.

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

CAUTION: If you are taking medication, 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, Citric Acid, Pectin, Palm Oil, Natural Flavors, Carnauba Wax, Color Added (Carmine), Silicon Dioxide.

Lot:
Exp:



[†]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.

*Helps convert food into cellular energy