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OVER 50 YEARS OF EXPERTISE

Nature Made

Multi For Him



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

90 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) 160 mg	12%
Vitamin E 22.5 mg (as dl-Alpha Tocopheryl Acetate)	150%	Iodine (as Potassium Iodide) 150 mcg	100%
Vitamin K (as Phytonadione) 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%

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

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

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

Lot:
Exp.:

