

PK002486
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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^{††}

90 TABLETS

Supports healthy
cognitive function[†]
—
Supports healthy
heart function[†]

Dietary Supplement

††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.

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

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.

OTHER INGREDIENTS:

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

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%

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.: _____