

PK002486  
5A007

OVER 50 YEARS OF EXPERTISE



# Multi For Her



23 key nutrients  
support a healthy  
immune system, bone  
health & energy  
metabolism<sup>††</sup>

90 TABLETS

Supports healthy  
cognitive function<sup>†</sup>  
—  
Supports healthy  
heart function<sup>†</sup>

Dietary Supplement

**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

## 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%
Iron (as Ferrous Fumarate) 18 mg	100%	Iron (as Ferrous Fumarate) 18 mg	100%
Vitamin E 22.5 mg (as dl-Alpha Tocopheryl Acetate)	150%	Iodine (as Potassium Iodide) 150 mcg	100%
Vitamin K (as Phytomenadione) 80 mcg	67%	Magnesium (as Magnesium Oxide) 100 mg	24%
Thiamin (as Thiamine Mononitrate) 1.5 mg	125%	Zinc (as Zinc Oxide) 11 mg	106%
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 2 mg (as Pyridoxine Hydrochloride)	118%	Manganese (as Manganese Sulfate) 2.3 mg	100%
Folate 1000 mcg DFE (600 mcg Folic Acid)	250%	Chromium (as Chromium Chloride) 35 mcg	100%
Vitamin B12 (as Cyanocobalamin) 6 mcg	250%	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](http://www.NatureMade.com)

USP has tested and verified ingredients, potency, and manufacturing process.

USP sets official standards for dietary supplements. [www.uspverified.org](http://www.uspverified.org)

**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.

Ex:  
031604017910