



How to read a vitamin label

SUGGESTED USE:

Adults, take 1 softgel daily with water and a meal.
Store tightly closed, in a cool, dry place, out of reach of children.
Do not use if imprinted seal under cap is broken or missing.

- ✓ No Artificial Flavors
- ✓ Gluten Free

CAUTION:

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

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:

Soybean Oil, Gelatin, Glycerin, Dibasic Calcium Phosphate, Rapeseed Lecithin, Yellow Beeswax, Water, Color Added, Yellow 6, Red 40, Blue 1.

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

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1 Supplement Facts

2 Serving Size 1 Softgel

3 Amount Per Softgel % Daily Value

4 Calories 10

4 Total Fat 1 g 1%*

4 Protein less than 1 g

5 Vitamin A (as Beta Carotene) 750 mcg 83%

Vitamin C (as Ascorbic Acid) 60 mg 67%

Vitamin D₃ (as Cholecalciferol) 25 mcg (1000 IU) 125%

Vitamin E (as dl-Alpha Tocopheryl Acetate) 22.5 mg 150%

Vitamin K (as Phytonadione) 40 mcg 33%

Thiamin (as Thiamine Mononitrate) 1.5 mg 125%

Riboflavin 1.7 mg 131%

Niacin (as Niacinamide) 20 mg 125%

Vitamin B₆ (as Pyridoxine Hydrochloride) 2 mg 118%

Folate 665 mcg DFE (400 mcg Folic Acid) 167%

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

Amount Per Softgel % Daily Value

Vitamin B₁₂ (as Cyanocobalamin) 6 mcg 250%

Biotin 30 mcg 100%

Pantothenic Acid (as d-Calcium Pantothenate) 10 mg 200%

Calcium (as Calcium Carbonate) 100 mg 8%

Iron (as Ferrous Fumarate) 18 mg 100%

Iodine (as Potassium Iodide) 150 mcg 100%

Magnesium (as Magnesium Oxide) 40 mg 10%

Zinc (as Zinc Oxide) 15 mg 136%

Selenium (as Selenium Yeast) 20 mcg 36%

Copper (as Cupric Oxide) 2 mg 222%

Manganese (as Manganese Sulfate) 4 mg 174%

Chromium (as Chromium Chloride) 120 mcg 343%

Molybdenum (as Sodium Molybdate) 45 mcg 100%

① **SUPPLEMENT FACTS:** is the name given to the nutrition information panel of a dietary supplement.

② **SERVING SIZE:** serving size is the maximum amount recommended, as appropriate, per eating occasion.

③ **AMOUNT PER SERVING:** lists the dietary ingredients in each supplement and the amount of each.

④ **PERCENT(%) DAILY VALUE:** tells what percentage of the recommended daily intake or daily reference value for each nutrient is contained in each serving. The DV's are for adults and children ages 4 and up, unless otherwise indicated.

⑤ **AMOUNT:** the listed dietary ingredient in each serving is declared in metric units. milligram (mg) and microgram (mcg) are common units.

⑥ **Footnote:** " * " contains explanations such as for the Daily Value (e.g. " Daily Value not established.")

⑦ **Cautions & Warnings:** this information helps consumers understand who should avoid or take precautions when taking the product, or the potential side effects, of a supplement.

⑧ **Ingredients list:** the ingredient list provides a list of the ingredients contained in the product including the source ingredients for the dietary ingredients, as well as the inactive ingredients that are added for manufacturing purposes. Source ingredients may be listed in the Supplements Facts Panel or the ingredient list.

⑨ **Manufacturer's Contact Information:** responsible manufacturers always include an address or phone number, and even a website, as a means for consumers to call and ask questions or report adverse events.

⑩ **Quality Marks and Seals:** the USP Verified Mark indicates that all manufacturing processes and operations used to make the dietary supplement have been audited by the United States Pharmacopeia (USP). [This information informs the consumer about any special quality control procedures or programs that help ensure the quality of the product.]