

PROD. NO. 4130



MULTI-DAY™

PLUS MINERALS

COMPARE AND SAVE

**DIETARY SUPPLEMENT
100 TABLETS**



B4130 03C

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	%Daily Value
Vitamin A (as Beta Carotene and Retinyl Acetate)	6,500 I.U. 130%
Vitamin C (as Ascorbic Acid)	60 mg 100%
Vitamin D (as Ergocalciferol)	400 I.U. 100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 I.U. 100%
Thiamin (Vitamin B-1) (as Thiamine Mononitrate)	1.5 mg 100%

Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Biotin (as d-Biotin)	30 mcg	10%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Dicalcium Phosphate)	130 mg	13%
Iron (as Ferrous Fumarate)	18 mg	100%

Phosphorus (as Dicalcium Phosphate)	100 mg	10%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Sulfate)	15 mg	100%
Selenium (as Sodium Selenate)	10 mcg	14%
Copper (as Copper Sulfate)	2 mg	100%
Manganese (as Manganese Sulfate)	2.5 mg	125%
Chromium (as Chromium Chloride)	10 mcg	8%
Molybdenum (as Sodium Molybdate)	10 mcg	13%
Chloride (as Potassium Chloride)	34 mg	1%
Potassium (as Potassium Chloride)	37.5 mg	1%

OTHER INGREDIENTS: Vegetable Stearic Acid, Cellulose (Plant Origin), Cellulose Coating, Croscarmellose, Mannitol, Silica, FD&C Red No. 40 Aluminum Lake, FD&C Blue No. 2 Aluminum Lake, Titanium Dioxide Color, Vegetable Magnesium Stearate, Guar Gum.

Contains every vitamin considered to be essential, plus 13 minerals.

Diabetics/Hypoglycemics: Use only under a doctor's supervision because this product contains chromium which may enhance insulin sensitivity and may affect your blood glucose levels.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

TAMPER RESISTANT: Do not use if imprinted seal under cap is broken

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal. Pregnant or Lactating Women should consult a doctor before using any product. Store in a cool, dry place.

Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon.- Fri. 9 AM - 7 PM ET

Visit us on the Web www.NaturesBounty.com

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