



How to read a supplement label

1 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.

2 Supplement Facts

3 Serving Size 1 Softgel

4 Amount Per Softgel	% Daily Value	Amount Per Softgel	% Daily Value
Calories 10		Vitamin B ₁₂ (as Cyanocobalamin) 6 mcg	250%
Total Fat 1 g	1%*	Biotin 30 mcg	100%
Protein less than 1 g		Pantothenic Acid (as d-Calcium Pantothenate) 10 mg	200%
5 Vitamin A (as Beta Carotene) 750 mcg	83%	Calcium (as Calcium Carbonate) 100 mg	8%
Vitamin C (as Ascorbic Acid) 60 mg	67%	Iron (as Ferrous Fumarate) 18 mg	100%
Vitamin D ₃ (as Cholecalciferol) 25 mcg (1000 IU)	125%	Iodine (as Potassium Iodide) 150 mcg	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 22.5 mg	150%	Magnesium (as Magnesium Oxide) 40 mg	10%
Vitamin K (as Phytanadione) 40 mcg	33%	Zinc (as Zinc Oxide) 15 mg	136%
Thiamin (as Thiamine Mononitrate) 1.5 mg	125%	Selenium (as Selenium Yeast) 20 mcg	36%
Riboflavin 1.7 mg	131%	Copper (as Cupric Oxide) 2 mg	222%
Niacin (as Niacinamide) 20 mg	125%	Manganese (as Manganese Sulfate) 4 mg	174%
Vitamin B ₆ (as Pyridoxine Hydrochloride) 2 mg	118%	Chromium (as Chromium Chloride) 120 mcg	343%
Folate 665 mcg DFE (400 mcg Folic Acid)	167%	Molybdenum (as Sodium Molybdate) 45 mcg	100%

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

8 No Artificial Flavors
Gluten Free
No Color Added

CAUTION:

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

9 **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.

10 OTHER INGREDIENTS:

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

11 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 Suggested Use: Information about how to safely ingest the recommended dose and other useful details including when to take the supplement and how to store it.

2 Supplement Facts: The name given to the nutrition information panel of a dietary supplement.

3 Serving Size: The suggested number of units (tablets, softgels, capsules, gummies, stick packs) per serving.

4 Amount per Serving: Lists the amount of each ingredient in the dietary supplement, per the recommended dose.

5 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 required to be printed on dietary supplement labels and are established by the FDA based on the recommendations of the Institute of Medicine (IOM). The DV's are for adults and children ages 4 and up, unless otherwise indicated.

6 Amount: The listed ingredient in each serving is declared in metric units. milligram (mg) and microgram (mcg) are common units.

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

8 Attributes: Characteristics that the product does or does not contain.

9 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.

10 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.

11 Manufacturer's Contact Information: Responsible manufacturers always include an address or phone number, and website, as a means for consumers to contact and ask questions or report adverse events.

12 Lot Number: Letters and/or number combination that track the products manufacturing history and can be used if you have questions about the ingredients and/or product.

13 Expiration Date: The date until which the ingredients will remain potent. Product is best used by the expiration date, after which potency may likely decrease over time.

14 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 includes product purity, potency and identity. The USP verification seal is voluntary on the part of the manufacturer. This information informs the consumer about any special quality control procedures or programs that help ensure the quality of the product.