



# HOW TO READ A VITAMIN LABEL

**1 SUGGESTED USE:** For best results, take one tablet daily with a meal. Keep bottle tightly closed. Store in a cool, dry place.

## Supplement Facts

**2 Serving Size** 1 tablet

**Amount Per Tablet** **% Daily Value**

Vitamin A (as Vitamin A Acetate) 3000 IU 60%

Vitamin C (as Ascorbic Acid) 60 mg 100%

Vitamin D<sub>3</sub> (as Cholecalciferol) 400 IU 100%

Vitamin E (as dl-Alpha Tocopheryl Acetate) 30 IU 100%

Thiamin (as Thiamin Mononitrate) 1.5 mg 100%

Riboflavin 1.7 mg 100%

Niacin (as Niacinamide) 20 mg 100%

Vitamin B<sub>6</sub> (as Pyridoxine Hydrochloride) 2 mg 100%

Green Tea Leaf Extract 1 mg **4\***

**7 OTHER INGREDIENTS:** Calcium Carbonate, Cellulose Gel, Maltodextrin, Croscarmellose Sodium, Stearic Acid, Magnesium Stearate, Corn Starch, Gelatin.

**8 Distributed by: Nature Made Nutritional Products**  
Mission Hills, CA 91346-9606, U.S.A.

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† 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.

**10 Caution: Consult with your physician before taking this product if you are pregnant or nursing.**

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