



## Nature Made® Liquid Softgels FACT SHEET

Nature Made Liquid Softgels are the next generation of vitamins. These easy-to-swallow vitamins and supplements for healthy active adults are specially formulated for easy absorption. Available in Multi Complete, Multi For Her, Multi For Her 50+, Multi For Him, Calcium, Vitamin C, Vitamin D and Super B-Complex. Nature Made Liquid Softgels do not contain artificial flavors or preservatives.

### NATURE MADE LIQUID SOFTGEL MULTI COMPLETE



Nature Made Multi Complete is scientifically formulated for both men and women with a powerful combination of 23 key vitamins and minerals for optimal health, including antioxidants (vitamins A as beta carotene, C and E) to help reduce the aging effects from free radical damage, B vitamins to help convert food into energy, and vitamin C and zinc to maintain a healthy immune system. With an enhanced blend of vitamin A (2,500 IU with 100 percent beta carotene and no retinol), these higher levels of beta carotene and absence of retinol support bone health, reduce free radical damage in the body and support healthy vision. Nature Made Multi Complete helps promote optimal health.\*

### NATURE MADE LIQUID SOFTGEL MULTI FOR HER



Nature Made Multi For Her targets the unique health needs of women's bodies with a custom blend of 23 key vitamins and minerals. Essential nutrients include vitamin D and calcium to help increase bone and muscle strength, 150 percent of the daily value of folic acid for reproductive health, vitamin K to support bone and heart health, and 100 percent of the daily value of iron, which is essential for women younger than 50 years of age.\*

**NATURE MADE LIQUID SOFTGEL  
MULTI FOR HER 50+**



Nature Made Multi For Her 50+ offers 22 key vitamins and minerals essential for women as they age. The specialized formulation helps women 50+ years-old attain the nutrients they need for optimal health, including specialized levels of vitamin D, calcium and vitamin K to support proper bone strength. Additional nutrients have been added to support the body's ability to protect against the effects of aging, maintain heart health and support mental sharpness. Iron has been left out of this formulation as studies have shown that this mineral is beneficial for women under 50 years old.\*

**NATURE MADE LIQUID SOFTGEL  
MULTI FOR HIM**



Formulated specifically for men, 22 key vitamins and minerals make up Nature Made Multi For Him to support a man's overall health needs. The vitamins and minerals in this product are formulated to promote healthy muscle tissue to help with greater mobility, maintain immune health and support the body's ability to protect against the effects of aging. Iron has also been left out of this formulation as this mineral is best suited for women under 50 years old.\*

**NATURE MADE LIQUID SOFTGEL  
CALCIUM 600 MG**



Specially formulated to increase calcium absorption, Nature Made Calcium 600 mg with Vitamin D helps build and maintain strong bones and teeth and may help prevent osteoporosis. Adequate calcium in a healthful diet plays an integral role in promoting bone health for teens, young adults and post menopausal women.\*

**NATURE MADE LIQUID SOFTGEL  
SUPER B-COMPLEX**



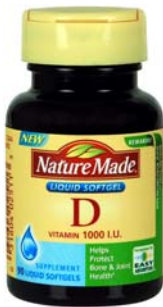
Super B-Complex offers a combination of essential B vitamins including thiamine (B1), riboflavin (B2), niacin (B3), vitamin B6, folic acid (B9), pantothenic acid and biotin for energy and for the proper functioning of the nervous system. Recommended for women's and men's health and longevity, Nature Made Super B-Complex also helps maintain heart health.\*

**NATURE MADE LIQUID SOFTGEL  
VITAMIN C 500 MG**



Nature Made Vitamin C 500 mg helps enhance a healthy immune system by harnessing the vitamin's antioxidant properties to neutralize free radicals. Vitamin C also plays a key role in collagen production and helps the body absorb iron.\*

**NATURE MADE LIQUID SOFTGEL  
VITAMIN D 1,000 IU**



Vitamin D is essential in the proper absorption of calcium for strong bones and teeth. Nature Made Vitamin D 1,000 IU provides maximum strength for bone and joint protection and is recommended for both men and women, especially those who receive limited sun exposure, elderly people and darker-skinned individuals. Adequate levels of vitamin D may also support colon and prostate health, breast health and immune system strength.\*

For more information or to speak with a medical expert about the Nature Made Liquid Softgel line, please contact the Pharmavite News Bureau toll free at 1-877-866-2539 or [pnbpr@porternovelli.com](mailto:pnbpr@porternovelli.com).

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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.