

Amount Per Serving	%DV
Boron (from Boron Chelate)	200 mcg *
Natrol's Proprietary Energizing Complex	310 mg *
Green Tea (<i>Camellia sinensis</i>) (leaf), Eleuthero Extract (<i>Eleutherococcus senticosus</i>) (root), Ginkgo Biloba (leaf)	
UltraGreen® Blend	10 mg *
Alfalfa (<i>Medicago sativa</i>), Peppermint (<i>Mentha piperita</i>) (leaf), Spearmint (<i>Mentha spicata</i>) (leaf), Spinach (<i>Spinacia oleracea</i>), Spirulina	

*Daily Value (DV) not established.

Other Ingredients: Stearic Acid, Cellulose Gum, Dibasic Calcium Phosphate, Acacia, Silica, Magnesium Stearate, Cellulose, Maltodextrin, Methylcellulose, Cornstarch, Glycerin.

Manufactured by NATROL, Inc., Chatsworth, CA 91311 • USA
1 800 2-NATROL (800 262-8765) www.natrol.com

NO Yeast, Wheat, Milk, Soy, Egg, Glutens, Artificial Colors or Flavors, or Preservatives

The chelate in this product is covered by U.S. Patent 5,516,925, 6,716,814 and 5,614,553 and patents pending.

Consult your healthcare professional prior to use if you have or suspect a medical condition, are taking prescription drugs, or are pregnant or lactating.

STORE IN A COOL, DRY PLACE.

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.

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

ITEM: 477 F: 3002154 L: 2006135-10119



23 VITAMINS & MINERALS

NATROL® MY FAVORITE Multiple®

Energizer[†] multivitamin

- With Food Based Ingredients

DIETARY SUPPLEMENT 60 TABLETS

Directions: Take 1 tablet, one time daily, with a meal.

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV
Vitamin A (as Palmitate and Beta Carotene)	5,000 IU 100%
Vitamin C (from Calcium Ascorbate)	120 mg 200%
Vitamin D (as Cholecalciferol)	400 IU 100%
Vitamin E (as d-Alpha Tocopheryl Succinate)	45 IU 150%
Vitamin K (as Phytonadione)	40 mcg 50%
Thiamin (Vitamin B-1) (from Thiamin Hydrochloride)	7.5 mg 500%
Riboflavin (Vitamin B-2)	8.5 mg 500%
Niacin (as Niacinamide)	40 mg 200%
Vitamin B-6 (from Pyridoxine Hydrochloride)	10 mg 500%
Folic Acid	400 mcg 100%
Vitamin B-12 (Cyanocobalamin)	30 mcg 500%
Biotin	300 mcg 100%
Pantothenic Acid (from d-Calcium Pantothenate)	20 mg 200%
Calcium (from Calcium: Carbonate, Ascorbate, Citrate, Pantothenate)	146 mg 15%
Iron (from Iron Amino Acid Chelate)	18 mg 100%
Iodine (from Kelp)	150 mcg 100%
Magnesium (from Magnesium Oxide)	50 mg 13%
Zinc (from Zinc Sulfate)	15 mg 100%
Selenium (from Selenium Amino Acid Complex)	70 mcg 100%
Copper (from Cupric Sulfate)	2 mg 100%
Manganese (from Manganese Gluconate)	2 mg 100%
Chromax® (from Chromium Picolinate)	50 mcg 42%
Molybdenum (from Molybdenum Amino Acid Chelate)	75 mcg 100%

NO
UV

LOT/EXP: