

Amount Per Serving		% DV
Choline Bitartrate	25 mg	*
Inositol	25 mg	*
Hesperidin Complex (35%)	12.5 mg	*
Rutin	12.5 mg	*
Eleuthero (<i>Eleutherococcus senticosus</i>) (root)	7.5 mg	*
Boron (as Boron Amino Acid Chelate)	100 mcg	*

*Daily Value (DV) not established

Other Ingredients: Stearic Acid, Cellulose Gum, Dibasic Calcium Phosphate, Silica, Magnesium Stearate, Cellulose, Maltodextrin, Methylcellulose, Hypromellose, Gum Acacia, Rice Powder, Gelatin, Sucrose, Soybean Oil, Ascorbyl Palmitate, Gum Arabic, Mixed Tocopherols, Cornstarch, BHT, Glycerin, Citric Acid, Aqueous Shellac System.

NO Yeast, Milk, Egg, Artificial Colors or Flavors

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

Supplied by Albion Human Nutrition. The Chelates are covered by U.S. Patent: 7,838,042.

Ferrochel® is registered trademark of Albion Human Nutrition.

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.

Consult your healthcare professional prior to use if you have or suspect a medical condition, or are taking prescription drugs. Do not use if you are pregnant or lactating. People with allergies to gluten, soy or wheat should consult their healthcare professional before taking this product.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

ITEM: 422 F: 3002151 L: 2007130-12179



24 VITAMINS & MINERALS

NATROL® MY FAVORITE Multiple®

Original
multivitamin

• *Antioxidants and Essential Nutrients*

DIETARY SUPPLEMENT

120 TABLETS

Directions: Take 2 tablets daily with meals.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 60

Amount Per Serving		% DV
Vitamin A (as Retinyl Palmitate and Beta Carotene [<i>D. salina</i>])	5,000 IU	100%
Vitamin C (as Calcium Ascorbate)	125 mg	208%
Vitamin D (as Cholecalciferol)	200 IU	50%
Vitamin E (as d-Alpha Tocopheryl Succinate)	200 IU	666%
Thiamin (Vitamin B-1) (as Thiamine HCl)	25 mg	1666%
Riboflavin (Vitamin B-2)	25 mg	1470%
Niacin (as Niacin and Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine HCl)	25 mg	1250%
Folic Acid	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	416%
Biotin	150 mcg	50%
Pantothenic Acid (as d-Calcium Pantothenate)	25 mg	250%
Calcium (as Calcium: Carbonate, Citrate, Ascorbate)	500 mg	50%
Ferrochel® (as Iron Amino Acid Chelate)	9 mg	50%
Iodine (from Kelp)	75 mcg	50%
Magnesium (as Magnesium: Oxide, Citrate)	200 mg	50%
Zinc (as Zinc Amino Acid Chelate)	12.5 mg	83%
Selenium (as Selenium Amino Acid Complex)	100 mcg	143%
Copper (as Copper Amino Acid Chelate)	1 mg	50%
Manganese (as Manganese Gluconate)	1 mg	50%
Chromium (as Chromium Amino Acid Chelate)	100 mcg	83%
Molybdenum (as Molybdenum Amino Acid Chelate)	25 mcg	33%
Potassium (as Potassium Chloride)	49.5 mg	1.5%
Betaine (as Trimethylglycine [TMG])	150 mg	*
MultiEnzyme Blend (Amylase (contains wheat), Papain, Protease, Bromelain, Lipase))	55 mg	*
G.P. Flavonoid Complex Extracted from Rose Hips (fruit), Turmeric (root),	50 mg	*
Bilberry (berries), Hawthorn (berries), Grape (skin), Milk Thistle (seed), Citrus and Pagoda Tree		
PABA (Para Aminobenzoic Acid)	25 mg	*

LOT/EXP: