

Amount Per Serving		% DV
G. P. Flavonoid Complex	50 mg	*
Extract from Rose Hips (fruit), Turmeric (root), Bilberry (berries), Hawthorn (berries), Grape (skin), Milk Thistle (seed)		
PABA (as Para Amino Benzoic Acid)	25 mg	*
Choline Bitartrate	25 mg	*
Inositol	25 mg	*
Hesperidin Complex (35%)	12.5 mg	*
Rutin	12.5 mg	*
Eleuthero (4:1) Extract (<i>Eleutherococcus senticosus</i>) (root)	7.5 mg	*
Boron (as Boron Amino Acid Chelate)	100 mcg	*
*Daily Value (DV) not established.		

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

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

NO Yeast, Milk, Egg, Artificial Colors or Flavors, Added Sugar or Preservatives

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.

Supplied by Albion Advanced Nutrition. Chelazome® and Chelative® are covered by U.S. Patents: 5,516,925, 5,614,553 and patents pending.

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

ITEM: 424.911 F: 3002152 L: 2006139-11027



IRON-FREE

NATROL® MY FAVORITE Multiple®

Original
multivitamin

• 22 Vitamins & Minerals

DIETARY SUPPLEMENT

120 TABLETS

Directions: Take 2 tablets daily with a meal.

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)	120 mg	200%
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%
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 Chelate)	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)	50 mg	1.5%
Betaine (as Trimethylglycine [TMG])	150 mg	*
MultiEnzyme Blend (Amylase (contains wheat), Papain, Protease, Bromelain, Lipase)	55 mg	*