

Amount Per Serving		% DV
G.P. Flavonoid Complex	50 mg	*
Extracted from Rose Hips (fruit), Turmeric (root), Bilberry (berries), Hawthorn (berries), Grape (skin), Milk Thistle (seed)		
PABA (Para Aminobenzoic Acid)	25 mg	*
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: Gelatin, Acacia, Magnesium Stearate, Water, Silica, Maltodextrin, Dibasic Calcium Phosphate, Soybean Oil, Cornstarch, Magnesium Carbonate.

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

Manufactured by NATROL, INC., Chatsworth, CA 91311 • USA

1 800 2-NATROL (800 262-8765) • www.natrol.com

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

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: 432.911 F: 3002168 L: 2006138-10146



23 VITAMINS & MINERALS

NATROL® MY FAVORITE Multiple®

Original multivitamin

• *Antioxidants and Essential Nutrients*

DIETARY SUPPLEMENT

180 CAPSULES

Directions: Take 3 capsules daily with meals.

Supplement Facts

Serving Size 3 Capsules

Servings Per Container 60

Amount Per Serving		% DV
Vitamin A	5,000 IU	100%
(as Retinyl Palmitate and 50% Beta Carotene [<i>D. salina</i>])		
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%
Iron (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)	50 mg	1.5%
Betaine (as Trimethylglycine [TMG])	150 mg	*
MultiEnzyme Blend	55 mg	*
(Amylase (contains wheat), Papain, Protease, Bromelain, Lipase))		