

Amount Per Serving	% DV
Multi-Enzyme Blend (Amylase (contains wheat), Papain, Protease, Bromelain, Lipase)	73 mg *
G.P. Flavonoid Complex Extracted from Rose Hips (fruit), Turmeric (root), Bilberry (berries), Hawthorn (berries), Grape (skin), Milk Thistle (seed)	66 mg *
PABA (Para Amino Benzoic Acid)	33 mg *
Choline (as Choline Bitartrate)	33 mg *
Inositol	33 mg *
Hesperidin Complex (35%)	16.8 mg *
Rutin	16.8 mg *
Eleuthero (<i>Elutherococcus senticosus</i>) (root)	10 mg *
Boron (as Boron Animo Acid Chelate)	133 mcg *
*Daily Value (DV) not established.	

Other Ingredients: Gelatin, Water, Magnesium Stearate, Dicalcium Phosphate, Sucrose, Maltodextrin, Soybean Oil, Silica, Hypromellose, Ascorbyl Palmitate, Mixed Tocopherols, Citric Acid, Gum Acacia, Gum Arabic, Rice Powder, Cellulose, Starch, BHT.

Contains Wheat, Soybeans

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

NO Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Yeast, Artificial Colors, Flavors or Added Sugar

Supplied by Albion Advanced Nutrition. Chelazome® and Chelative® are covered by U.S. Patent: 7,838,042.

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 wheat, soybean or corn should consult their healthcare professional before taking this product.

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

ITEM: 434.911 F: 3002164 L: 2004548-15097



IRON-FREE

NATROL® MY FAVORITE Multiple®

Original
multivitamin

• 22 Vitamins & Minerals

DIETARY SUPPLEMENT

180 CAPSULES

Directions: Take 4 capsules daily with meals.

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 45

Amount Per Serving	% DV
Vitamin A (as Retinyl Palmitate and Beta Carotene [<i>D. Salina</i>])	6,174 IU 123%
Vitamin C (as Calcium Ascorbate)	166 mg 278%
Vitamin D (as Cholecalciferol)	266 IU 67%
Vitamin E (from d-Alpha Tocopheryl Succinate)	266 IU 888%
Thiamin (Vitamin B-1) (as Thiamin HCl)	33 mg 2200%
Riboflavin (Vitamin B-2)	33 mg 1941%
Niacin (as Niacin and Niacinamide)	33 mg 165%
Vitamin B-6 (from Pyridoxine HCl)	33 mg 1650%
Folic Acid	266 mcg 67%
Vitamin B-12 (Cyanocobalamin)	33 mcg 550%
Biotin	200 mcg 67%
Pantothenic Acid (as d-Calcium Pantothenate)	33 mg 330%
Calcium (as Calcium: Carbonate, Citrate, Ascorbate)	668 mg 67%
Iodine (from Kelp)	100 mcg 67%
Magnesium (as Magnesium: Oxide, Citrate)	266 mg 67%
Zinc (as Zinc Amino Acid Chelate)	16.7 mg 111%
Selenium (as Selenium Amino Acid Complex)	133 mcg 190%
Copper (as Copper Amino Acid Chelate)	1.3 mg 65%
Manganese (as Manganese Gluconate)	1.3 mg 65%
Chromium (as Chromium Amino Acid Chelate)	133 mcg 111%
Molybdenum (as Molybdenum Amino Acid Chelate)	33 mcg 44%
Potassium (as Potassium Chloride)	66 mg 2%
Betaine (as Trimethylglycine [TMG])	200 mg *

LOTEXP: