

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

*Daily Value (DV) not established.

Other Ingredients: Cellulose, Stearic Acid, Cellulose Gum, Dibasic Calcium Phosphate, Silica, Magnesium Stearate, Maltodextrin, Methylcellulose, Hypromellose, Gum Acacia, Rice Powder, Caramel Color, Gelatin, Cornstarch, Sucrose, BHT, Ascorbyl Palmitate, Glycerin, Citric Acid, Water.

Contains Soy, Wheat

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 Flavors

The chelate in this product is covered by U.S. Patent 7,838,042.

Consult your healthcare professional prior to use if you have or suspect a medical condition, are taking prescription drugs, or are pregnant or lactating. People with allergies to soy, wheat or corn should consult their healthcare professional before taking this product.

STORE IN A COOL, DRY PLACE.

Ferrochel® is a 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.

† 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: 2007315-15083



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%
Vitamin B-1 (as Thiamine Hydrochloride)	7.5 mg 500%
Vitamin B-2 (as Riboflavin)	8.5 mg 500%
Vitamin B-3 (as Niacinamide)	40 mg 200%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg 500%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	30 mcg 500%
Biotin	300 mcg 100%
Pantothenic Acid (as d-Calcium Pantothenate)	20 mg 200%
Calcium (from Calcium Carbonate, Calcium Citrate and Calcium Ascorbate)	146 mg 15%
Ferrochel® (Iron Bioglycinate Chelate)	18 mg 100%
Iodine (from Kelp)	150 mcg 100%
Magnesium (as Magnesium Oxide)	50 mg 13%
Zinc (as 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%

LOT/EXP: