

Amount Per Serving	%DV
<i>myrtillus</i> (fruit), Milk Thistle ( <i>Silybum marianum</i> ) (seed), Grape (skin), Hawthorn ( <i>Crataegus oxyacantha</i> ) (fruit), Turmeric ( <i>Curcuma longa</i> ) (root), Hesperidin, Quercetin, Rutin	
Lecithin (soy)	50 mg *
<b>UltraGreen® Blend</b>	50 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)	
Inositol	25 mg *
Silica (from Magnesium Trisilicate)	10 mg *
Boron (from Boron Krebs Cycle Chelate)	3 mg *
Vanadium (from Vanadium Krebs Cycle Chelate)	10 mcg *

\*Daily Value (DV) not established.

**Other Ingredients:** Cellulose, Dibasic Calcium Phosphate, Stearic Acid, Cellulose Gum, Silica, Gelatin, Sugar, Cornstarch, Magnesium Stearate, Methylcellulose, Glycerin, Maltodextrin.

Manufactured by NATROL, Inc., Chatsworth, CA 91311 • USA  
1 800 2-NATROL (800 262-8765) [www.natrol.com](http://www.natrol.com)

**NO** Yeast, Milk, Egg, Artificial Colors or Flavors, 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 soy or wheat should consult their healthcare professional before taking this product.

The Krebs Cycle Chelate is a fully reacted blend of: Citrate, Malate, Fumarate, Succinate and alpha-ketoglutarate organic acids.

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

ITEM: 428 F: 3002153 L: 2007314-12276



**IRON-FREE**

**NATROL®**

**MY FAVORITE  
Multiple®**

**Take One  
multivitamin**

- *Once-Daily Formula with 22 Vitamins and Minerals*
- *With Food Based Ingredients*

**DIETARY SUPPLEMENT**

**60 TABLETS**

**Directions:** Take 1 tablet, one time daily, with a meal.

## Supplement Facts

**Serving Size:** 1 Tablet  
**Servings Per Container:** 60

Amount Per Serving	%DV
Vitamin A (as Beta Carotene)	5,000 IU 100%
Vitamin C (from Calcium Ascorbate)	100 mg 167%
Vitamin D (as Cholecalciferol)	400 IU 100%
Vitamin E (as d-Alpha Tocopheryl Succinate)	100 IU 333%
Vitamin B-1 (as Thiamine Hydrochloride)	15 mg 1,000%
Vitamin B-2 (Riboflavin)	17 mg 1,000%
Niacin	20 mg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	17 mg 850%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%
Biotin	300 mcg 100%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 500%
Calcium (as Calcium Krebs Cycle Chelate)	25 mg 3%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Krebs Cycle Chelate)	10 mg 3%
Zinc (as Zinc Krebs Cycle Chelate)	15 mg 100%
Selenium (from Selenium Krebs Cycle Chelate)	200 mcg 286%
Copper (from Copper Krebs Cycle Chelate)	2 mg 100%
Manganese (from Manganese Krebs Cycle Chelate)	5 mg 250%
Chromium (from Chromium Krebs Cycle Chelate)	200 mcg 167%
Molybdenum (from Molybdenum Krebs Cycle Chelate)	50 mcg 67%
Potassium (from Potassium Krebs Cycle Chelate)	5 mg <1%
Choline Bitartrate	106 mg *
<b>GP Flavonoid Complex</b>	50 mg *
Extracted from Rose Hips ( <i>Rosa canina</i> ) (fruit), Bilberry ( <i>Vaccinium</i> )	

NO  
UV

LOT/EXP: