

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

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

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 or wheat 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: 2007315-12276



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 70 mcg	100%
(from Selenium Amino Acid Complex)	
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: