Item **My Favorite Multiple® Take One™**

Size/Form 60 Tablets

SKU Number 426

Recommended Daily Dosage Take one tablet daily with a meal.



Click here to read frequently asked questions about this product.

• *Once-Daily Formula*

• *With Food Based Ingredients*

SUPPLEMENT FACTS

Serving Size: 1 Tablet
Servings Per Container: 60

Ingredient	Amt Per Serving	% Daily Value
Vitamin A (as Beta Carotene)	5,000 IU	100%
Vitamin C (as Calcium ascorbate†)	100 mg	167%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopheryl Succinate)	100 IU	330%
Thiamin (Vitamin B-1) (as thiamin HCl)	15 mg	1000%
Riboflavin (Vitamin B-2)	17 mg	1000%
Niacin	20 mg	100%

Vitamin B-6 (as Pyridoxine HCl)	17 mg	850%
Folate (as 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††, Ascorbate†)	25 mg	3%
Iron (as Iron Krebs Cycle Chelate††)	18 mg	100%
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 (as Selenium Krebs Cycle Chelate††)	200 mcg	286%
Copper (as Copper Krebs Cycle Chelate††)	2 mg	100%
Manganese (as Manganese Krebs Cycle Chelate††)	5 mg	250%
Chromium (as Chromium Krebs Cycle Chelate††)	200 mcg	167%
Molybdenum (as Molybdenum Krebs Cycle Chelate††)	50 mcg	67%
Potassium (as Potassium Krebs Cycle Chelate††)	5 mg	<1%
Silica (as Magnesium Trisilicate)	10 mg	**
Vanadium (as Vanadium Krebs Cycle Chelate††)	10 mcg	**
Boron (as Boron Krebs Cycle Chelate††)	3 mg	**
G.P. Flavonoids Extracted from Rose Hips (fruit), Turmeric (root), Acerola (berries), Bilberry (berries), Hawthorn (berries), Grape (skin), Milk Thistle (seed), Citrus (fruit)	100 mg	**
Ultra Green Blend Alfalfa juice (leaf), Barley Grass, Spirulina (algae), Parsley (leaf), Spinach (leaf), Peppermint (leaf), Spearmint (leaf)	100 mg	**
Lecithin	50 mg	**
Choline (as choline bitartrate)	50 mg	**
PABA (as para amino benzoic acid)	25 mg	**
Inositol	25 mg	**
**Daily Value Not Established.		

Other Ingredients

Cellulose, Silica, Stearic Acid, Cellulose Gum, Magnesium Stearate, Methylcellulose, Glycerine.

NO Yeast, Wheat, Corn, Milk, Egg, Glutens, Artificial Colors or Flavors, Added Sugar, Starch or Preservatives.

Other Information

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

†Ester-C® is a licensed trademark of Inter-Cal Nutraceuticals. US Patent Nos. #4,822,816, #5,070,085, and #6,197,813. Other USA and foreign patends pending.
††The source of minerals in this formula is a fully reacted blend of: Citrate, Malate, Fumarate, Succinate and alpha-ketoglutarate organic acids, which we call Krebs cycle.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

*** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

For product questions, please e-mail customer-service@natrol.com,
or contact a Consumer Relations Representative toll free at
800-2-NATROL (800-262-8765)

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