Product Information

Item	**My Favorite Multiple® Iron-Free**
Size/Form	180 Capsules
SKU Number	434
Recommended Daily Dosage	Take 6 capsules daily with meals.

Click here to read frequently asked questions about this product.

- *22 Vitamins and Minerals*
- *100% Daily Value of Calcium*
- *With Ester-C®*

SUPPLEMENT FACTS

Serving Size: 6 capsules
Servings Per Container: 30

Ingredient	Amt Per Serving	% Daily Value
Vitamin A [as Retinyl Palmitate and 50% Beta Carotene (d-salina)]	10,000 IU	200%
Vitamin C (as Calcium Ascorbate†)	250 mg	417%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopheryl Succinate)	400 IU	1333%
Thiamin (Vitamin B-1) (as Thiamin HCl)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%

Niacin (as Niacin, Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine HCl)	50 mg	2500%
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; Carbonate, Citrate, Ascrobate†)	1000 mg	100%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as Magnesium; Oxide, Citrate)	400 mg	100%
Zinc (as Zinc Amino Acid Chelate††)	25 mg	167%
Selenium (as Selenium Amino Acid Chelate††)	200 mcg	286%
Copper (as Copper Amino Acid Chelate††)	2 mg	100%
Manganese (as Manganese Gluconate)	2 mg	100%
Chromium (as Chromium Amino Acid Chelate††)	200 mcg	167%
Molybdenum (as Molybdenum Amino Acid Chelate††)	50 mcg	67%
Potassium (as Potassium Chloride)	99 mg	3%
Betaine (as Trimethylglcine (TMG))	300 mg	**
MultiEnzyme Blend (Amylase, Papain, Protease, Bromelain, Lipase)	110 mg	**
G.P. Flavonoid Complex Extracted from Rose Hips (fruit), Turmeric (root), Bilberry (berries), Hawthorn (berries), Grape (skin), Milk Thistle (seed)	100 mg	**
PABA (as Para Aminobenzoic Acid)	50 mg	**
Choline (as Choline Bitartrate)	50 mg	**
Inositol	50 mg	**
Hesperidin	25 mg	**
Rutin	25 mg	**
Eleuthero (Eleutherococcus senticosus) (root)	15 mg	**
Boron (as Boron Amino Acid Chelate)	200 mcg	**
**Daily Value Not Established.		

Other Ingredients

Gelatin, Silica, Magnesium Stearate.

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® Brand (Ester-C is a licensed Trademark of Inter-Cal Nutraceuticals) Manufactured under U.S. Patent #4,822,816, #5,070,085, and #6,197,813. Other USA and foreign patents pending.

††Supplied by Albion Advanced Nutrition. Chelates covered by one or more of the following Albion International, Inc. U.S. Patents: #4,599,152, #4,830,716, #4,863,898, #5,614,553 and patents pending.

*** 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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