Where to buy

Product Information

Item	**My Favorite Multiple® Iron-Free**
Size/Form	120 Tablets
SKU Number	424
Recommended Daily Dosage	Take 4 tablets daily with meals.

Click here to read frequently asked questions about this product.

• *22 Vitamins and Minerals*

• *100% Daily Value of Calcium*

SUPPLEMENT FACTS

Serving Size: 4 Tablets
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 (as Vitamin B-1) (as Thiamin HCl)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%

Niacin (as Niacin and 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, Ascorbate†)	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 Trimethylgycine (TMG)	300 mg	**
MultiEnzyme Blend (Amylase, Papain, Protease, Bromelain, Lipase)	110 mg	**
G.P. Flavonoid Complex Extract from Rose Hips (fruit), Turmeric (root), Bilberry (berries), Grape (skin), Milk Thistle (seed)	100 mg	**
PABA (as Para Amino Benzoic Acid)	50 mg	**
Choline (as Choline Bitartrate)	50 mg	**
Inositol	50 mg	**
Hesperidin Complex (35%)	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

Cellulose, Silica, Magnesium Stearate, Stearic Acid, Cellulose Gum, Methycellulose, 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.

^^Supplied by Albion Advvanced 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.

†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.

*** 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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