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| **Item** | **My Favorite Multiple® For Women Multivitamin** |
| **Size/Form** | 90 Tablets |
| **SKU Number** | 3024 |
| **Recommended Daily Dosage** | Take 3 tablets daily with a meal. |




• *Nutrient Rich Formula**

• *With Folic Acid, Calcium & Antioxidants*

**SUPPLEMENT FACTS**

**Serving Size**: 3 tablets
**Servings Per Container**: 30

| Ingredient | Amt Per Serving | % Daily Value |
|---|---|---|
| Vitamin A (as 100% Natural Beta Carotene from d-Salina) | 5000 IU | 100% |
| Viatmin C (as Ascorbic Acid) | 250 mg | 417% |
| Vitamin D (as Cholecalciferol) | 400 IU | 100% |
| Vitamin E (as d-Alpha Tocopheryl Succinate) | 100 IU | 333% |
| Vitamin K | 50 mcg | 63% |
| Thiamin (as Thiamin HCl) (Vitamin B-1) | 100 mg | 6666% |
| Riboflavin (Vitamin B-2) | 50 mg | 2941% |
| Niacin | 10 mg | 50% |

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|---|---|---|
| Vitamin B-6 (as Pyridoxine HCl) | 25 mg | 1250% |
| Folic Acid | 400 mcg | 100% |
| Vitamin B-12 (as Cyanocobalamin) | 500 mcg | 8333% |
| Biotin | 300 mcg | 100% |
| Pantothenic Acid (as Calcium d-Pantothenate) | 50 mg | 500% |
| Calcium (as Calcium Carbonate) | 500 mg | 50% |
| Iron (as Iron Amino Acid Chelate^) | 18 mg | 100% |
| Iodine (as Potassium Iodide) | 150 mcg | 100% |
| Magnesium (as Magnesium Oxide) | 250 mg | 63% |
| Zinc (as Zinc Gluconate) | 15 mg | 100% |
| Selenium (as Selenium Amino Acid Complex) | 200 mcg | 286% |
| Copper (as Copper Amino Acid Chelate^) | 2 mg | 100% |
| Manganese (as Manganese amino Acid Chelate^) | 10 mg | 500% |
| Chromium (as Chromium amino Acid Chelate^) | 200 mcg | 167% |
| Molybdenum (as Molybdenum Amino Acid Chelate^) | 100 mcg | 133% |
| Potassium (as Potassium chloride and Iodide) | 99 mg | 3% |
| Inositol | 100 mg | ** |
| Bioflavonoid Concentrate | 100 mg | ** |
| PABA (p-aminobenzoic Acid) | 50 mg | ** |
| Eleuthero (Eleutherococcus senticosus) Extract (Root) | 50 mg | ** |
| Springtime Horsetail Grass Extract (8% Silica) | 50 mg | ** |
| Bee Pollen | 50 mg | ** |
| Boron (as Boron Amino Acid Chelate) | 1 mg | ** |
| **Daily value not established. | | |

**Other Ingredients**

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

^Supplied by Albion Advanced Nutrition. Chelate covered by Albion International, Inc. U.S. Patents 4,599,152 and 4,830,716.

**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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