Item	**My Favorite Multiple® Energizer***
Size/Form	60 Tablets
SKU Number	477
Recommended Daily Dosage	Take one tablet daily with a meal.



•*With Ester-C®*

•*With Food Based Ingedients*

•*Eleuthero for mental and physical stress**

•*Ginkgo to support circulation*

•*Revitalizing Green Tea**

•*Potent level of energy metabolizing coenzymes** *My Favorite Multiple® Energizer* meets the needs of today's busy lifestyle with a more complete and diverse vitamin, mineral and antioxidant formula. My Favorite Multiple® Energizer (with 23 vitamins and minerals) provides the full RDA of 19 essential vitamins and minerals, and also contains comprehensive energy ingredients to help support mental and physical stamina.**

SUPPLEMENT FACTS

Serving Size: 1Tablet
Servings Per Container: 60

Ingredient	Amt Per Serving	% Daily Value
Vitamin A (as Retinyl Palmitate and Beta Carotene)	5,000 IU	100%
Vitamin C (as 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%
Thiamin (Vitamin B-1)(as Thiamin HCl)	7.5 mg	500%
Riboflavin (Vitamin B-2)	8.5 mg	500%
Niacin (Niacinamide)	40 mg	200%
Vitamin B-6 (as Pyridoxine HCl)	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 (as Calcium: Carbonate, Citrate, Ascorbate, Pantothenic Acid)	146 mg	15%
Iron (as Iron Amino Acid Chelate††)	18 mg	100%
Iodine (from kelp)	150 mcg	100%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as Selenium Amino Acid Chelate††)	70 mcg	100%
Copper (as Copper Sulfate)	2 mg	100%
Manganese (as Manganese Gluconate)	2 mg	100%
Chromium (as Chromium Picolinate)	50 mcg	42%
Molybdenum (as Molybdenum Amino Acid Chelate†††)	75 mcg	100%
Boron (as Boron Amino Acid Chelate)	200 mcg	**
Natrol\'s Proprietary Energizing Complex		
Green Tea (leaf), Eleuthero (root), Ginkgo Biloba (leaf)	310 mg	**
Ultra Green Blend		

Alfalfa Juice (leaf), Barley Grass, Spirulina, Parsley (leaf), Spinach (leaf), Peppermint (leaf), Spearmint (leaf)	50 mg	**

**Daily Value Not Established.

Other Ingredients

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

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

Other Information

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

†Ester-C® is a licensed Trademark of Inter-Cal Nutraceuticals. U.S. Patent Nos. 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.

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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