

Vegetarian Yeast Free

# Nature's Plus®

## The Energy Supplements®

Multi-Nutrient Formula

# ULTRA I®

JUST ONE TABLET DAILY

Dietary Supplement

30 Tablets



**Nutritional Support for Natural Energy Production  
and Overall Well-Being.\***

### Supplement Facts

Serving Size 1 Tablet

|                                                       | Amount Per Serving | %DV   |
|-------------------------------------------------------|--------------------|-------|
| Vitamin A (as beta carotene).....                     | 25,000 IU.....     | 500%  |
| Vitamin C (as ascorbic acid).....                     | 100 mg.....        | 167%  |
| Vitamin D (as ergocalciferol).....                    | 1000 IU.....       | 250%  |
| Vitamin E (as d-alpha tocopheryl succinate).....      | 100 IU.....        | 333%  |
| Thiamin (vitamin B-1) (as thiamine HCl).....          | 100 mg.....        | 6667% |
| Riboflavin (vitamin B-2).....                         | 100 mg.....        | 5882% |
| Niacin (as niacinamide).....                          | 100 mg.....        | 500%  |
| Vitamin B-6 (as pyridoxine HCl).....                  | 100 mg.....        | 5000% |
| Folate (as folic acid).....                           | 400 mcg.....       | 100%  |
| Vitamin B-12 (as cyanocobalamin).....                 | 100 mcg.....       | 1667% |
| Biotin.....                                           | 100 mcg.....       | 33%   |
| Pantothenic Acid (as calcium pantothenate).....       | 100 mg.....        | 1000% |
| Calcium (as amino acid chelate/complex).....          | 40 mg.....         | 4%    |
| Iron (as amino acid chelate/complex).....             | 25 mg.....         | 139%  |
| Iodine (from kelp).....                               | 150 mcg.....       | 100%  |
| Magnesium (as amino acid chelate/complex).....        | 20 mg.....         | 5%    |
| Zinc (as amino acid chelate/complex).....             | 20 mg.....         | 133%  |
| Selenium (as amino acid complex).....                 | 10 mcg.....        | 14%   |
| Manganese (as amino acid chelate/complex).....        | 6.1 mg.....        | 305%  |
| Chromium (as amino acid chelate).....                 | 15 mcg.....        | 13%   |
| Potassium (as amino acid complex).....                | 15 mg.....         | <1%   |
| PABA (para-aminobenzoic acid).....                    | 100 mg.....        | †     |
| Inositol.....                                         | 100 mg.....        | †     |
| Choline (as bitartrate).....                          | 42 mg.....         | †     |
| Rutin (from <i>Sophora japonica</i> leaf).....        | 25 mg.....         | †     |
| Bioflavonoids (from <i>Citrus limon</i> exocarp)..... | 25 mg.....         | †     |
| Betaine HCl (from beet molasses).....                 | 25 mg.....         | †     |
| Hesperidin (from <i>Citrus limon</i> exocarp).....    | 5 mg.....          | †     |

†Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, stearic acid, isolated soy protein, rice bran, rose hips, magnesium stearate, parsley, alfalfa, green cabbage, acerola cherry, wheat germ flour, bromelain (from pineapple fruit), papaya, watercress, pharmaceutical glaze and silica.

Free from artificial colors and preservatives.

**DIRECTIONS:** As a dietary supplement, one tablet daily.

**Do not take with sulfonamide since PABA interferes with the activity of the drug.**

**KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.**

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a physician or poison control center immediately.

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

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**Natural Organics  
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makers of **Nature's Plus**  
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