

Nature's Plus®

The Energy Supplements®

For Mature Adults
**Golden
Years®**
Multi-Vitamin &
Mineral Supplement
90 Tablets

GLUTEN
Free

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

Free from artificial colors and preservatives.

DIRECTIONS: As a dietary supplement, six tablets once daily.

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.**

Supplement Facts

Serving Size 6 Tablets

Servings Per Container 15

Amount Per Serving	%DV	Amount Per Serving
Vitamin A (as beta carotene)	10,000 IU 200%	Betaine HCl 175 mg† (from beet molasses)
Vitamin C (as ascorbic acid)	250 mg 417%	Phosphatidylcholine 100 mg†
Vitamin D (as ergocalciferol)	400 IU 100%	Vitamin F 100 mg† (unsaturated fatty acids)
Vitamin E 100 IU 333%		(from safflower oil)
(as d-alpha tocopheryl succinate)		Inositol 75 mg†
Thiamin (as thiamine HCl)	25 mg 1667%	RNA (ribonucleic acid) . . . 75 mg†
Riboflavin (vitamin B-2)	25 mg 1470%	L-Glutamine 50 mg† (free form amino acid)
Niacin (as niacinamide)	50 mg 250%	Choline (as bitartrate) . . . 32 mg†
Vitamin B-6 (as pyridoxine HCl) . .	25 mg 1250%	Bioflavonoids 25 mg† (from <i>Citrus sinensis</i> , <i>Citrus limon</i> fruit)
Folate (as folic acid)	400 mcg 100%	PABA 20 mg† (para-aminobenzoic acid)
Vitamin B-12 (as cyanocobalamin) 100 mcg 1667%		Rutin (from <i>Sophora</i> 10 mg† <i>japonica</i> leaf)
Biotin 100 mcg 33%		L-Glutathione 10 mg†
Pantothenic Acid 50 mg 500%		Hesperidin 10 mg† (from <i>Citrus sinensis</i> , <i>Citrus limon</i> fruit)
(as calcium pantothenate)		DNA 7.5 mg† (deoxyribonucleic acid)
Calcium (as amino acid 300 mg 30%		
chelate/complex)		
Iron (as amino acid chelate/complex) 18 mg 100%		
Phosphorus 75 mg 8%		
(as amino acid complex)		
Iodine (from kelp) 150 mcg 100%		
Magnesium (as amino acid 150 mg 38%		
chelate/complex)		
Zinc (as amino acid chelate/complex) 20 mg 133%		
Selenium (as amino acid complex) 50 mcg 71%		
Copper (as amino acid chelate) 0.5 mg 25%		
Manganese (as amino acid 10 mg 500%		
chelate/complex)		
Chromium (as amino acid chelate) 50 mcg 42%		
Potassium (as amino acid complex) 15 mg <1%		

†Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, stearic acid, rice bran, magnesium stearate, rose hips, silica, lecithin, alfalfa, papaya, bromelain (from pineapple fruit), watercress (*Rorippa nasturtium-aquaticum*), parsley, green cabbage (*Brassica oleracea* leaf) and pharmaceutical glaze. Contains soy.

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Natural Organics Laboratories, Inc.
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