

Nature's Plus. The Energy Supplements.



Supplement Facts

Serving Size 3 Tablets, Servings Per Container 30

Amount Per Serving	%DV
Calories	20
Total Carbohydrate	3 g 1%**
Dietary Fiber	1 g 6%**
Protein	1 g
Vitamin A (as beta carotene)	10,000 IU 200%
Vitamin C (as ascorbic acid)	1000 mg 1667%
Vitamin D	700 IU 175%
(as ergocalciferol/cholecalciferol)	
Vitamin E	200 IU 667%
(as d-alpha tocopheryl succinate)	
Vitamin K2 (as menatetrenone)	50 mcg 63%
Thiamin (vitamin B-1)	25 mg 1667%
(as thiamine HCl)	
Riboflavin (vitamin B-2)	25 mg 1471%
Niacin (as niacinamide)	40 mg 200%
Vitamin B-6 (as pyridoxine HCl)	25 mg 1250%
Folate (as folic acid)	400 mcg 100%
Vitamin B-12 (as cyanocobalamin)	200 mcg 3333%
Biotin	100 mcg 33%
Pantothenic Acid	60 mg 600%
(as calcium pantothenate)	
Calcium (as aminoate complex)	200 mg 20%
Iron (as aminoate complex, ascorbate)	4.5 mg 25%
Iodine (from kelp)	150 mcg 100%
Magnesium (as aminoate complex)	100 mg 25%
Zinc	15 mg 100%
(as aminoate complex, picolinate)	
Selenium (as aminoate complex)	25 mcg 36%
Copper (as aminoate complex)	0.5 mg 25%
Manganese (as aminoate complex)	4 mg 200%
Chromium (as aminoate complex)	20 mcg 17%

Amount Per Serving	%DV
Potassium (as aminoate complex)	50 mg 1%
Red Lightning Proprietary Blend	500 mg†
(30 whole foods)‡	
Spirulina	500 mg†
Proprietary Anti-Aging Blend‡	125 mg†
Bee Pollen (Spanish)	100 mg†
Sunflower Oil‡	70 mg†
Bioflavonoids (from <i>Citrus limon</i> exocarp)‡	60 mg†
Black Currant Seed Oil	50 mg†
Ginseng Root (Korean)	50 mg†
Bromelain (from pineapple fruit) (24 GDU)	40 mg†
Choline (as bitartrate)	30 mg†
Inositol	30 mg†
Quercetin (from <i>Sophora japonica</i> leaf)	30 mg†
Papain (from papaya fruit)	30 mg†
Rutin (from <i>Sophora japonica</i> leaf)	25 mg†
Betaine HCl (from beet molasses)	25 mg†
Apple Pectin	20 mg†
PABA (para-aminobenzoic acid)	15 mg†
RNA (ribonucleic acid) (from spirulina)	13.5 mg†
Hesperidin (from <i>Citrus limon</i> exocarp)	10 mg†
Chlorophyll (from Whole Food Blend/spirulina)	6 mg†
DNA (deoxyribonucleic acid) (from Whole Food Blend)	6 mg†
Amylase (from brown rice fermentation)	5 mg†
Lipase (from brown rice fermentation)	5 mg†
Carotenoids (from Whole Food Blend)	4 mg†
Eriocitrin (from <i>Citrus limon</i> exocarp)	3 mg†
Lycopene (active carotenoid from tomato)	2.5 mg†
Lutein (active carotenoid from marigold flower extract)††	1.5 mg†
Proanthocyanidins (from Whole Food Blend)	250 mcg†
Octacosanol	200 mcg†

**Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value (DV) not established.

Other ingredients: Multi Color Lightning Proprietary Whole Food Blend (115 fruits and vegetables)‡, young barley leaf, stearic acid, magnesium stearate, silica, astragalus root, ligustrum berry, schisandra fruit and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.

‡For details, see outer carton or visit www.naturesplus.com

Nutritional Support for Free Radical Defense, Natural Energy Production and Overall Well-Being.*

Free from artificial colors, preservatives, yeast, wheat, soy and milk.

DIRECTIONS: As a dietary supplement, three 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.

†† **FloraGLO** LUTEIN is a registered trademark of Kemlin Industries, Inc.

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Natural Organics Laboratories, Inc.
makers of **Nature's Plus**

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