

• ENERGY ON THE GO! •

Nature's Plus®
The Energy Supplements®

Source of Life® **GLUTEN Free**
Multi-Vitamin & Mineral Supplement
WITH WHOLE FOOD CONCENTRATES

No Iron



Vegetarian • Hypo-Allergenic • 90 Tablets

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	
Calories	20	Spirulina	1000 mg†
Total Carbohydrate	3 g	Bee Pollen (Spanish)	100 mg†
Dietary Fiber	1 g	Sunflower Oil (supplying linoleic acid	70 mg†
Protein	1 g	[54.1 mg], oleic acid [9.3 mg], palmitic acid [4.4 mg], stearic acid [2.2 mg])	
Vitamin A (as beta carotene)	10,000 IU	Bioflavonoids (from <i>Citrus limon</i> exocarp)	60 mg†
Vitamin C (as ascorbic acid)	1000 mg	(active flavonols, flavonones, flavones & naringin [26 mg])	
Vitamin D3 (as cholecalciferol)	1000 IU	Black Currant Seed Oil	50 mg†
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	Ginseng Root (Korean)	50 mg†
Vitamin K2 (as menaquinone-4, menaquinone-7)	80 mcg	Bromelain (from pineapple fruit)	40 mg†
Thiamin (as thiamine HCl)	25 mg	(24 gelatin digesting units)	
Riboflavin (vitamin B2)	25 mg	Choline (as bitartrate)	30 mg†
Niacin (as niacinamide)	40 mg	Inositol	30 mg†
Vitamin B6 (as pyridoxine HCl)	25 mg	Quercetin (from <i>Sophora japonica</i> & <i>Dimorphandra mollis</i>)	30 mg†
Folate (as folic acid)	400 mcg	Papain (from papaya fruit)	30 mg†
Vitamin B12 (as cyanocobalamin)	1000 mcg	Rutin (from <i>Sophora japonica</i> leaf)	25 mg†
Biotin	100 mcg	Betaine HCl (from beet molasses)	25 mg†
Pantothenic Acid (as calcium pantothenate)	60 mg	RNA (ribonucleic acid)	21 mg†
Calcium (as aminoate complex)	200 mg	Apple Pectin	20 mg†
Iodine (from kelp)	150 mcg	PABA (para-aminobenzoic acid)	15 mg†
Magnesium (as aminoate complex)	100 mg	Hesperidin (from <i>Citrus limon</i> exocarp)	10 mg†
Zinc (as aminoate complex, picolinate)	15 mg	Chlorophyll (from spirulina)	7.5 mg†
Selenium (as aminoate complex)	25 mcg	DNA (deoxyribonucleic acid)	6 mg†
Copper (as aminoate complex)	0.5 mg	Amylase (from brown rice fermentation)	5 mg†
Manganese (as aminoate complex)	4 mg	Lipase (from brown rice fermentation)	5 mg†
Chromium (as aminoate complex)	20 mcg	Carotenoids	4 mg†
Molybdenum (as aminoate complex)	37.5 mcg	Eriocitrin (from <i>Citrus limon</i> exocarp)	3 mg†
Potassium (as aminoate complex)	50 mg	Octacosanol	200 mcg†

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

†Daily Value (DV) not established.

Nutritional Support for 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. KEEP OUT OF REACH OF CHILDREN.

***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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Other ingredients: Microcrystalline cellulose, stearic acid, magnesium stearate, silica, astragalus root, barley leaf, *Echinacea angustifolia* root, Irish moss (*Chondrus crispus*), thyme leaf, ligustrum berry, schisandra fruit, rice bran and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.