

**Nature's Plus®**  
The Energy Supplements®

**Source of Life®**  
**Multi-Vitamin & Mineral Supplement**  
WITH WHOLE FOOD CONCENTRATES • FAST ACTING

**GLUTEN Free**

**Capsules**



Hypo-Allergenic • 90  Vegetarian CAPSULES

## Supplement Facts

Serving Size 9 Capsules

Servings Per Container 10

| Amount Per Serving                               | %DV       | Amount Per Serving                                                                                                     |          |
|--------------------------------------------------|-----------|------------------------------------------------------------------------------------------------------------------------|----------|
| Calories                                         | 25        | Spirulina                                                                                                              | 1000 mg† |
| Total Carbohydrate                               | 4 g       | Bee Pollen (Spanish)                                                                                                   | 100 mg†  |
| Dietary Fiber                                    | 2 g       | Sunflower Oil (supplying linoleic acid [54.1 mg], oleic acid [9.3 mg], palmitic acid, [4.4 mg], stearic acid [2.2 mg]) | 70 mg†   |
| Protein                                          | 2 g       | Bioflavonoids (from <i>Citrus limon</i> exocarp) (active flavonols, flavonones, flavones & naringin [26 mg])           | 60 mg†   |
| Vitamin A (as beta carotene)                     | 10,000 IU | Black Currant Seed Oil                                                                                                 | 50 mg†   |
| Vitamin C (as ascorbic acid)                     | 1000 mg   | Ginseng Root (Korean)                                                                                                  | 50 mg†   |
| Vitamin D3 (as cholecalciferol)                  | 1000 IU   | Bromelain (from pineapple fruit) (24 gelatin digesting units)                                                          | 40 mg†   |
| Vitamin E (as d-alpha tocopheryl succinate)      | 200 IU    | Choline (as bitartrate)                                                                                                | 30 mg†   |
| Vitamin K2 (as menaquinone-4, ... menaquinone-7) | 80 mcg    | Inositol                                                                                                               | 30 mg†   |
| Thiamin (as thiamine HCl)                        | 25 mg     | Quercetin (from <i>Sophora japonica</i> & <i>Dimorphandra mollis</i> )                                                 | 30 mg†   |
| Riboflavin (vitamin B2)                          | 25 mg     | Papain (from papaya fruit)                                                                                             | 30 mg†   |
| Niacin (as niacinamide)                          | 40 mg     | Rutin (from <i>Sophora japonica</i> leaf)                                                                              | 25 mg†   |
| Vitamin B6 (as pyridoxine HCl)                   | 25 mg     | Betaine HCl (from beet molasses)                                                                                       | 25 mg†   |
| Folate (as folic acid)                           | 400 mcg   | RNA (ribonucleic acid)                                                                                                 | 21 mg†   |
| Vitamin B12 (as cyanocobalamin)                  | 1000 mcg  | Apple Pectin                                                                                                           | 20 mg†   |
| Biotin                                           | 100 mcg   | PABA (para-aminobenzoic acid)                                                                                          | 15 mg†   |
| Pantothenic Acid (as calcium pantothenate)       | 60 mg     | Hesperidin (from <i>Citrus limon</i> exocarp)                                                                          | 10 mg†   |
| Calcium (as aminoate complex)                    | 200 mg    | Chlorophyll (from spirulina)                                                                                           | 7.5 mg†  |
| Iron (as aminoate complex, ascorbate)            | 18 mg     | DNA (deoxyribonucleic acid)                                                                                            | 6 mg†    |
| Iodine (from kelp)                               | 150 mcg   | Amylase (from brown rice fermentation)                                                                                 | 5 mg†    |
| Magnesium (as aminoate complex)                  | 100 mg    | Lipase (from brown rice fermentation)                                                                                  | 5 mg†    |
| Zinc (as aminoate complex, picolinate)           | 15 mg     | Carotenoids                                                                                                            | 4 mg†    |
| Selenium (as aminoate complex)                   | 25 mcg    | Eriocitrin (from <i>Citrus limon</i> exocarp)                                                                          | 3 mg†    |
| Copper (as aminoate complex)                     | 0.5 mg    | Octacosanol                                                                                                            | 200 mg†  |
| Manganese (as aminoate complex)                  | 4 mg      |                                                                                                                        |          |
| Chromium (as aminoate complex)                   | 20 mcg    |                                                                                                                        |          |
| Molybdenum (as aminoate complex)                 | 37.5 mcg  |                                                                                                                        |          |
| Potassium (as aminoate complex)                  | 50 mg     |                                                                                                                        |          |

\*\*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, nine capsules 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.**

Manufactured with LOVE ♥ by  
**Natural Organics Laboratories, Inc.**  
makers of **Nature's Plus**

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**PRODUCT NO. 30592**



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