

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

Vegetarian  Hypo-Allergenic



*Especially Yours®*

**Woman's Multi-Vitamin  
Supplement**

**GLUTEN  
Free**

*60 Tablets*



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

## Supplement Facts

**Serving Size 3 Tablets**  
**Servings Per Container 20**

Amount Per Serving		%DV
Vitamin A (as beta carotene) ...	10,000 IU	200%
Vitamin C (as ascorbic acid) ...	300 mg	500%
Vitamin D (as ergocalciferol) ...	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	400 IU	1333%
Thiamin (as thiamine HCl) ....	10 mg	667%
Riboflavin (vitamin B-2) ....	10 mg	588%
Niacin .....	10 mg	50%
Vitamin B-6 (as pyridoxine HCl)	100 mg	5000%
Folate (as folic acid)** .....	800 mcg	200%
Vitamin B-12 .....	100 mcg	1667%
(as cyanocobalamin)		
Biotin .....	200 mcg	67%
Pantothenic Acid .....	50 mg	500%
(as calcium pantothenate)		
Calcium (as aminoate) .....	150 mg	15%
Iron (as aspartate) .....	40 mg	222%
Iodine (from kelp) .....	225 mcg	150%
Magnesium (as aminoate) ....	300 mg	75%
Zinc (as picolinate) .....	20 mg	133%
Selenium (as aminoate) .....	10 mcg	14%
Manganese (as ascorbate) ....	6.1 mg	305%
Chromium (as aminoate) .....	15 mcg	13%
Potassium (as citrate) .....	15 mg	<1%
Flax Seed .....	100 mg†	
Lemon Bioflavonoid Complex (from <i>Citrus limon</i> exocarp) (active flavonols, flavonones, flavones & naringen-44% [22 mg])	50 mg†	
SUMA® Root ( <i>Pfafia paniculata</i> ) .....	50 mg†	
Damiana (whole herb) .....	50 mg†	
Dong Quai Root .....	50 mg†	
Inositol .....	25 mg†	
Rutin (from <i>Sophora japonica</i> leaf) ....	25 mg†	
Amylase (from brown rice fermentation) (750 units)	25 mg†	
Lipase (from brown rice fermentation) (125 units)	25 mg†	
Black Currant Seed .....	25 mg†	
Buchu ( <i>Barosma spp.</i> leaf) .....	25 mg†	
Protease (from brown rice fermentation) (1500 units)	15 mg†	
Choline (as bitartrate) .....	11 mg†	
PABA (para-aminobenzoic acid) .....	10 mg†	

\*\*Daily Value for pregnant or lactating women.

† Daily Value (DV) not established.

Other ingredients: Di-calcium phosphate, microcrystalline cellulose, stearic acid, silica, magnesium stearate and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.

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

**DIRECTIONS:** As a dietary supplement for women, three tablets once daily.

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

**WARNING: IN CERTAIN INDIVIDUALS, NIACIN MAY PRODUCE FLUSHING WHICH, UNDER NORMAL USE, WILL DISAPPEAR. IF CONDITION PERSISTS, HOWEVER, CONSULT A PHYSICIAN.**

**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  
Laboratories, Inc.**  
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