

Recharge Your Life – Step Up To The Gold!

Nature's Plus®
The Energy Supplements®

Source of Life®

GOLD

Tablets

**The Ultimate Multi-Vitamin Supplement
with Concentrated Whole Foods**

**Guaranteed
Burst of Energy®**

**With Açai, Resveratrol, Vit. D3, Vit. K2,
CoQ10 and Over 120 Whole Foods!**

**GLUTEN
Free**

Vegetarian • Hypo-Allergenic • 90 TABLETS



Supplement Facts

Serving Size 3 Tablets, Servings Per Container 30

Amount Per Serving		%DV
Calories	5	
Protein	1 g	
Vitamin A (as beta carotene; from spirulina and <i>Dunaliella salina</i> : beta carotene, alpha carotene, cryptoxanthin, zeaxanthin, lutein)	15,000 IU	300%
Vitamin C (as ascorbic acid; esterified C (ascorbyl palmitate); Organic Gold Standard††)	1010 mg	1683%
Vitamin D3 (as cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	250 IU	833%
Vitamin K2 (as menaquinone-4, menaquinone-7)	100 mcg	125%
Thiamin (as thiamine HCl; Organic Gold Standard††)	30 mg	2000%
Riboflavin (as riboflavin; Organic Gold Standard††)	30 mg	1764%
Niacin (as niacinamide; Organic Gold Standard††)	125 mg	625%
Vitamin B6 (as pyridoxine HCl; Organic Gold Standard††)	30 mg	1500%
Folic Acid (as folic acid; Organic Gold Standard††)	425 mcg	106%
Vitamin B12 (as cyanocobalamin)	1000 mcg	16,667%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium pantothenate; Organic Gold Standard††)	125 mg	1250%
Calcium (as organic chelates from <i>Spirulina platensis</i> , <i>D. salina</i> ; complex)	250 mg	25%
Iodine (from kelp, potassium iodide)	150 mcg	100%
Magnesium (as aminoate** complex)	125 mg	31%
Zinc (as aminoate** complex, picolinate)	15 mg	100%
Selenium (as aminoate** complex)	70 mcg	100%
Copper (chlorophyllin; as aminoate** complex)	4.5 mg	225%

Manganese (as aminoate** complex)	4 mg	200%
Chromium (as aminoate** complex)	120 mcg	100%
Potassium (as aminoate** complex; naturally occurring from spirulina)	60 mg	2%
Whole Food PhytoAlgae & Organic Mushroom Blend†† (Standardized 15% [120 mg] phycocyanins, 0.1% [800 mcg] zeaxanthin, 1% [8 mg] chlorophyll) – Proprietary complex of spirulina, Phenalgin® (<i>Cystoseira canariensis</i>) (stand. polyphenols calc. as phenol-tannins), chlorella (broken cell), cryptomonads, red kelp, brown kelp, ulva, red seaweed, dulse, rockweed; Mushrooms: wood ear, cordyceps, maitake, shiitake, oyster mushroom, white wood ear	800 mg††	
Multi Color Whole Food Blend (101 Whole Foods)††, including ††Organic Gold Standard Whole Food Complex (guava [<i>Psidium guajava</i>], holy basil [<i>Ocimum tenuiflorum</i>], lemon, amla [<i>Emblica officinalis</i>] fruit) (standardized naturally occurring B complex and vitamin C)	725 mg††	
Amino Acids (20 essential and non-essential amino acids, from spirulina, Whole Food PhytoAlgae, chia and mineral aminoates)	510 mg†	
Whole Food Omega Fatty Acid Blend – supplying 85 mg of Omega-3, -9, and other healthful fatty acids (from chia, spirulina, sunflower seed, black currant, borage and flax)	200 mg†	
Enzyme Blend : Bromelain (from pineapple) (80 GDU), amylase†, lipase†, papain (from papaya), betaine HCl (from beet), lactase†, protease†, cellulase†, Activessence® (cellulase, pectinase, hemicellulase and xylanase) †(from brown rice fermentation)	100 mg†	
Anti-Aging Blend : Alpha-lipoic acid, R-lipoic acid, MSM (methylsulfonylmethane), glutathione, NAC (N-acetyl cysteine), turmeric (std. curcumin), grape [<i>Vitis vinifera</i>] seed extract (std. proanthocyanidins)	50 mg†	
Trans-Resveratrol (from standardized extracts of <i>Polygonum cuspidatum</i> root, grape seed [<i>Vitis vinifera</i>], red wine concentrate [alcohol-free]) [<i>Vitis vinifera</i> fruit]	50 mg†	

Coenzyme Q10 (pharmaceutical grade)	50 mg†
Inositol	50 mg†
Bioflavonoids (from <i>Citrus limon</i> exocarp) (active flavonols, flavonones, flavones & naringen 13 mg)	30 mg†
Whole Food Fiber Complex : Apple pectin, arabinogalactan, modified citrus pectin, soluble oat bran, flax	30 mg†
Choline (as bitartrate)	30 mg†
Korean Ginseng Root (<i>Panax ginseng</i>)	25 mg†
PABA (para-aminobenzoic acid)	25 mg†
RNA (ribonucleic acid) (from spirulina)	24 mg†
Quercetin (from <i>Sophora japonica</i> leaf)	10 mg†
Trace Mineral Complex (soluble prehistoric plant-based)	10 mg†
DNA (deoxyribonucleic acid) (from spirulina)	8 mg†
Chlorophyll (from spirulina)	7.5 mg†
Rutin (from <i>Sophora japonica</i> leaf)	5 mg†
Hesperidin (from <i>Citrus limon</i> exocarp)	5 mg†
Carotenoids (from whole foods)	4 mg†
Lutein (active carotenoid from mangold flower extract)	3 mg†
Eriocitrin (from <i>Citrus limon</i> exocarp)	3 mg†
Lycopene (active carotenoid from tomato)	2.5 mg†
Full Spectrum Probiotic Blend (28 million viable cells at time of manufacture) – supplying <i>Lactobacillus acidophilus</i> , FOS (fructooligosaccharides), <i>L. plantarum</i> , <i>L. casei</i> , <i>L. bulgaricus</i> , <i>L. brevis</i> , <i>L. rhamnosus</i> , <i>L. lactis</i> , <i>Bifidobacterium lactis</i> , <i>B. bifidum</i> , <i>L. sporogenes</i> (<i>B. coagulans</i>), <i>S. salivarius</i> K12, <i>S. salivarius</i> M18	
Boron (as citrate)	1 mg†
Octacosanol	200 mcg†

†Daily Value (DV) not established. ††See Multi Color Whole Food Blend.

**Whole brown rice chelate

††For details, visit www.naturesplus.com.

Other ingredients: Microcrystalline cellulose, stearic acid, magnesium stearate, silica and pharmaceutical glaze.

Manufactured with LOVE ♥ by **Natural Organics Laboratories, Inc.**, makers of **Nature's Plus**, 9500 New Horizons Blvd., Amityville, New York 11701, USA

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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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

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

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

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PRODUCT NO. 30711



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