

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

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

DIRECTIONS: As a dietary supplement, one capsule daily with a meal.

**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

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

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PRODUCT NO. 30081



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Hypo-Allergenic

Natures Plus®

HIGH POTENCY

ULTRA ONE® DAILY CAPS

*Iron
Free*

**Multi-Vitamin
and Mineral Supplement
with Beta-Carotene**

60 Vegetarian
CAPSULES



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		%DV
Vitamin A (100% from beta carotene)	10,000 IU ...	200%
Vitamin C (as ascorbic acid)	150 mg ...	250%
Vitamin D3 (as cholecalciferol from lichen)	400 IU ...	100%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU ...	333%
Thiamin (vitamin B1) (as thiamine mononitrate)	25 mg ...	1667%
Riboflavin (vitamin B2)	25 mg ...	1471%
Niacin (as niacinamide)	100 mg ...	500%
Vitamin B6 (as pyridoxine HCl)	25 mg ...	1250%
Folate (as calcium-L-5-methyltetrahydrofolate)	400 mcg ...	100%
Vitamin B12 (as methylcobalamin)	100 mcg ...	1667%
Biotin	300 mcg ...	100%
Pantothenic Acid (as d-calcium pantothenate)	50 mg ...	500%
Calcium (as carbonate, citrate)	25 mg ...	3%
Iodine (as potassium iodide)	150 mcg ...	100%
Magnesium (as oxide, aspartate)	7.2 mg ...	2%
Zinc (as picolinate, oxide)	15 mg ...	100%
Selenium (as selenomethionine, sodium selenite)	200 mcg ...	286%
Copper (as gluconate)	2 mg ...	100%
Manganese (as gluconate, sulfate)	5 mg ...	250%
Chromium (as picolinate, chloride)	200 mcg ...	167%
Molybdenum (as sodium molybdate)	150 mcg ...	200%
Potassium (as citrate, iodide)	5 mg ...	<1%
PABA (para-aminobenzoic acid)	25 mg ...	†
Inositol	25 mg ...	†
Choline (as bitartrate)	10.5 mg ...	†

†Daily Value (DV) not established.

Other ingredients: Vegetable cellulose, magnesium stearate, silica and purified water.