

Nature's Plus® The Energy Supplements.



MEN'S Nutra Packs

Daily Dietary Supplement



30 Individual Packs

Supplement Facts

Serving Size 1 Pack
Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	15	Manganese (as amino acid chelate/complex)	11.1 mg 555%
Calories from Fat	5	Chromium (as amino acid chelate) ...	65 mcg 54%
Total Fat	1 g 2%**	Potassium (as amino acid complex) ...	64.5 mg 2%
Total Carbohydrate	2 g <1%**	Bioflavonoids	525 mg†
Dietary Fiber	<1 g 3%**	(from <i>Citrus spp.</i> exocarp)	
Vitamin A (as beta carotene) ...	25,000 IU 500%	Pancreatin 4X	162.5 mg†
Vitamin C (as ascorbic acid) ...	1100 mg 1833%	(equivalent to USP 650 mg)	
Vitamin D (as ergocalciferol) ...	1000 IU 250%	Rutin (from <i>Sophora japonica</i> leaf) ..	125 mg†
Vitamin E (as d-alpha tocopheryl acetate, succinate)	300 IU 1000%	Hesperidin	105 mg†
Thiamin (as thiamine HCl)	100 mg 6667%	(from <i>Citrus limon</i> exocarp)	
Riboflavin (vitamin B-2)	100 mg 5882%	Glutamic Acid HCl	100 mg†
Niacin (as niacinamide)	100 mg 500%	Inositol	100 mg†
Vitamin B-6 (as pyridoxine HCl) ..	100 mg 5000%	PABA (para-aminobenzoic acid) ...	100 mg†
Folate (as folic acid)	400 mcg 100%	Acidophilus (<i>Lactobacillus</i> ,	75 mg†
Vitamin B-12	100 mcg 1667%	<i>Bulgaricus</i> , <i>Bifidus</i>)	
(as cyanocobalamin)		Ox Bile Extract	60 mg†
Biotin	100 mcg 33%	Acerola	50 mg†
Pantothenic Acid	100 mg 1000%	Bromelain (1:10)	50 mg†
(as calcium pantothenate)		(from pineapple fruit)	
Calcium	540 mg 54%	Choline (as bitartrate)	42 mg†
(as amino acid chelate/complex)		Pepsin 1:15,000 (equivalent to	32.5 mg†
Iron (as amino acid chelate/complex)	38.5 mg 214%	pepsin NF 150 mg)	
Phosphorus	100 mg 10%	Papain (from papaya)	32.5 mg†
(as amino acid complex)		Malt Diastase	32.5 mg†
Iodine (from kelp)	262.5 mcg 175%	Betaine HCl (from beet molasses) ..	25 mg†
Magnesium	270 mg 68%	Cellulase	10 mg†
(as amino acid chelate/complex)		Hemicellulase	2.5 mg†
Zinc	75 mg 500%	Lactase	2.5 mg†
(as amino acid chelate/complex)			
Selenium (as amino acid complex)	35 mcg 50%		

**Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value (DV) not established.

Other ingredients: Di-calcium phosphate, microcrystalline cellulose, stearic acid, rose hips (*Rosa canina* fruit), magnesium stearate, silica, isolated soy protein, hydroxypropyl methylcellulose, rice bran, parsley, peppermint leaf, fennel seed, ginger root, rosemary leaf, watercress, alfalfa, green cabbage, wheat germ flour, Pacific kelp, papaya, date, apple pectin, black currant seed, garlic, broccoli, Chinese cabbage (*Brassica campestris* leaf), fig, brown rice, barley grass, bee pollen, oat bran, spinach, chlorella, spirulina, carrot, sunflower oil, lecithin, hazelnut, sesame seed, pharmaceutical glaze, gelatin, glycerin and purified water.

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

Ultra-Two® Sustained-Release – In a special base which provides for the gradual release of ingredients over a prolonged period of time.

Natural Vitamin E – Derived from natural soybean oil.

Ultra-Mins – Amino acid chelated multi-mineral and whole food blend.

Super C Complex Sustained-Release – In a special base which provides for the gradual release of ingredients over a prolonged period of time.

Zinc – Manufactured with the **Biotron Process** of amino acid chelation.

Ultra-Zyme® – Specially coated to release 50% of specific enzymes in the stomach and 50% in the intestines, as well as release specific enzymes only in the intestines.

Free from artificial colors and preservatives.

DIRECTIONS: As a dietary supplement, take one pack daily with your morning meal.

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. 3293



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