

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

Free from artificial colors and preservatives.

**IN A SPECIAL BASE WHICH PROVIDES FOR THE GRADUAL  
RELEASE OF INGREDIENTS OVER A PROLONGED PERIOD  
OF TIME.**

**DIRECTIONS:** As a dietary supplement, take two tablets  
two hours before exertive activity.

**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.**

**MICRO-GEL SUSTAINED RELEASE SYSTEM**

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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**PRODUCT NO. 3062**



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

SUSTAINED RELEASE

**DYNO VITES®**

**Multi-Vitamin Supplement  
for Athletes and  
Active Adults**

**180 Tablets**



**Supplement Facts**

Serving Size 2 Tablets, Servings Per Container 90

|                                             | Amount Per Serving | %DV   |
|---------------------------------------------|--------------------|-------|
| Vitamin A (as beta carotene)                | 25,000 IU          | 500%  |
| Vitamin C (as mineral ascorbate)            | 1000 mg            | 1667% |
| Vitamin D (as ergocalciferol)               | 1000 IU            | 250%  |
| Vitamin E (as d-alpha tocopheryl succinate) | 200 IU             | 667%  |
| Thiamin (vitamin B1) (as thiamine HCl)      | 100 mg             | 6667% |
| Riboflavin (vitamin B2)                     | 100 mg             | 5882% |
| Niacin (as niacinamide)                     | 125 mg             | 625%  |
| Vitamin B6 (as pyridoxine HCl)              | 125 mg             | 6250% |
| Folate (as folic acid)                      | 400 mcg            | 100%  |
| Vitamin B12 (as cyanocobalamin)             | 500 mcg            | 8333% |
| Biotin                                      | 125 mcg            | 42%   |
| Pantothenic Acid (as calcium pantothenate)  | 125 mg             | 1250% |
| Calcium (as ascorbate)                      | 50 mg              | 5%    |
| Iron (as amino acid chelate/complex)        | 25 mg              | 139%  |
| Iodine (from kelp)                          | 150 mcg            | 100%  |
| Magnesium (as ascorbate)                    | 25 mg              | 6%    |
| Zinc (as ascorbate)                         | 25 mg              | 167%  |
| Selenium (as amino acid complex)            | 100 mcg            | 143%  |
| Manganese (as amino acid chelate/complex)   | 10 mg              | 500%  |
| Chromium (as amino acid chelate)            | 200 mcg            | 166%  |
| Molybdenum (as amino acid complex)          | 50 mcg             | 67%   |
| Potassium (as citrate)                      | 15 mg              | <1%   |
| PABA (para-aminobenzoic acid)               | 100 mg             | †     |
| Inositol                                    | 75 mg              | †     |
| Choline (as bitartrate)                     | 75 mg              | †     |
| L-Methionine (free form amino acid)         | 50 mg              | †     |
| Bioflavonoids (from Citrus limon exocarp)   | 50 mg              | †     |
| Rutin (from Sophora japonica leaf)          | 25 mg              | †     |
| Betaine HCl                                 | 25 mg              | †     |
| L-Glutamine (free form amino acid)          | 25 mg              | †     |
| Hesperidin (from Citrus limon exocarp)      | 10 mg              | †     |

†Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, stearic acid, di-calcium phosphate, ferrous fumarate, magnesium stearate, hydroxypropyl methylcellulose, silica, manganese sulfate, bee pollen, wheat germ, brewer's yeast, soy lecithin, potassium iodide and pharmaceutical glaze.