

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

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

Free from artificial colors and preservatives.

DIRECTIONS: As a dietary supplement, one tablet daily.

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.

Made with Vitashine™

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. 3029



With
**Methylcobalamin
& Methylfolate!**

Vegetarian Yeast Free

Natures Plus®

SUSTAINED RELEASE
Multi-Nutrient with Whole Foods

ULTRA II[®]

Light

JUST ONE TABLET DAILY

Dietary Supplement

90 Tablets



MICRO-GEL SUSTAINED RELEASE SYSTEM

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Vitamin A (as beta carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	100 mg	167%
Vitamin D3 (cholecalciferol from lichen)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Thiamin (vitamin B1) (as thiamine HCl)	100 mg	6667%
Riboflavin (vitamin B2)	100 mg	5882%
Niacin (as niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine HCl)	100 mg	5000%
Folate (as calcium-L-5-methyltetrahydrofolate)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as calcium pantothenate)	100 mg	1000%
Calcium (as amino acid chelate/complex)	40 mg	4%
Iron (as amino acid chelate/complex)	25 mg	139%
Iodine (from kelp, potassium iodide)	150 mcg	100%
Magnesium (as amino acid chelate/complex)	20 mg	5%
Zinc (as amino acid chelate/complex)	20 mg	133%
Selenium (as amino acid complex)	10 mcg	14%
Manganese (as amino acid chelate/complex)	6.1 mg	305%
Chromium (as amino acid chelate)	15 mcg	13%
Potassium (as amino acid complex)	15 mg	<1%
PABA (para-aminobenzoic acid)	100 mg	†
Inositol	100 mg	†
Choline (as bitartrate)	42 mg	†
Rutin (from <i>Sophora japonica</i> leaf)	25 mg	†
Bioflavonoids (from <i>Citrus limon</i> exocarp)	25 mg	†
Betaine HCl	25 mg	†
Hesperidin (from <i>Citrus limon</i> exocarp)	5 mg	†

†Daily Value (DV) not established.

Other ingredients: Di-calcium phosphate, vegetable cellulose, microcrystalline cellulose, hydroxypropyl methylcellulose, potassium gluconate, zinc sulfate, calcium carbonate, manganese gluconate, ferrous fumarate, magnesium oxide, stearic acid, isolated soy protein, rice bran, rose hips, magnesium stearate, zinc gluconate, ferrous gluconate, Norwegian kelp, chlorella, date, barley grass, spirulina, black currant fruit, bee pollen, garlic, oat bran, apple pectin, broccoli, spinach, carrot, brown rice, sunflower oil, fig, beet greens, lecithin, silica, alfalfa, green cabbage, acerola cherry, parsley, wheat germ flour, bromelain (from pineapple fruit), papaya, watercress and pharmaceutical glaze.