

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

Free from artificial colors and preservatives.

DIRECTIONS: As a dietary supplement, six tablets once 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.

Other ingredients: Microcrystalline cellulose, di-calcium phosphate, magnesium oxide, zinc gluconate, calcium carbonate, stearic acid, potassium gluconate, manganese gluconate, rice bran, ferrous fumarate, magnesium stearate, rose hips, silica, lecithin, papaya, bromelain (from pineapple fruit), watercress (*Horippa nasturtium-aquaticum*), parsley, green cabbage (*Brassica oleracea* leaf), potassium iodide and pharmaceutical glaze. Contains soy.

Manufactured with LOVE ♥ by

Natural Organics Laboratories, Inc., makers of Nature's Plus

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PRODUCT NO. 3163



Natures Plus®

For Mature Adults

Golden Years®

Multi-Vitamin &
Mineral Supplement

180 Tablets

GLUTEN
Free

Supplement Facts

Serving Size 6 Tablets

Servings Per Container 30

	Amount Per Serving	%DV
Vitamin A (as beta carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	250 mg	417%
Vitamin D (as ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Thiamin (vitamin B1) (as thiamine HCl)	25 mg	1667%
Riboflavin (vitamin B2)	25 mg	1471%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as calcium pantothenate)	50 mg	500%
Calcium (as amino acid chelate/complex)	300 mg	30%
Iron (as amino acid chelate/complex)	18 mg	100%
Phosphorus (as amino acid complex)	150 mg	15%
Iodine (from kelp)	150 mcg	100%
Magnesium (as amino acid chelate/complex)	150 mg	38%
Zinc (as amino acid chelate/complex)	20 mg	133%
Selenium (as amino acid complex)	50 mcg	71%
Copper (as amino acid chelate)	0.5 mg	25%
Manganese (as amino acid chelate/complex)	10 mg	500%
Chromium (as amino acid chelate)	50 mcg	42%
Potassium (as amino acid complex)	15 mg	<1%
Betaine HCl	175 mg	†
Lecithin (supplying 20% [20 mg] phosphatidylcholine)	100 mg	†
Healthful Fatty Acids (borage oil, flax oil and lecithin supplying unsaturated fatty acids)	83 mg	†
Inositol	75 mg	†
L-Glutamine (free form amino acid)	50 mg	†
Choline (as bitartrate)	32 mg	†
Bioflavonoids (from Citrus sinensis, Citrus limon fruit)	25 mg	†
PABA (para-aminobenzoic acid)	20 mg	†
Rutin (from Sophora japonica leaf)	10 mg	†
L-Glutathione (free form amino acid)	10 mg	†
Hesperidin (from Citrus sinensis, Citrus limon fruit)	10 mg	†

†Daily Value (DV) not established.