

Nature's Plus®

The Energy Supplements®

SUSTAINED RELEASE
Multi-Nutrient with Whole Foods

ULTRA II®

Light

JUST ONE TABLET DAILY

Dietary Supplement

60 Tablets

Vegetarian Yeast Free



MICRO-GEL SUSTAINED RELEASE SYSTEM

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

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene).....	10,000 IU	200%
Vitamin C (as ascorbic acid).....	100 mg	167%
Vitamin D (as ergocalciferol).....	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 folic acid).....	400 mcg	100%
Vitamin B12 (as cyanocobalamin).....	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).....	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 (from beet molasses).....	25 mg	†
Hesperidin (from <i>Citrus limon</i> exocarp).....	5 mg	†

†Daily Value not established.

Other ingredients: Di-calcium phosphate, hydroxypropyl methylcellulose, stearic acid, isolated soy protein, rice bran, rose hips, magnesium stearate, Pacific kelp, chlorella, date, barley grass, spirulina, black currant seed, bee pollen, garlic, oat bran, apple pectin, broccoli, spinach, carrot, Chinese cabbage (*Brassica campestris*), 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.

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.

PRODUCT NO. 3028



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Natural Organics Laboratories, Inc.
makers of **Nature's Plus**
9500 New Horizons Blvd.
Amityville, New York 11701, USA
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