

DIRECTIONS: Three capsules daily, or as directed by your healthcare professional.

Supplement Facts		
Serving Size 3 Capsules		Servings Per Container 30
Amount Per Serving		% DV
Vitamin A (as beta carotene).....	1500 IU	30%
Vitamin C (as ascorbic acid).....	200 mg	330%
Vitamin D3 (as cholecalciferol).....	1200 IU	300%
Vitamin E (d-alpha tocopheryl acetate).....	15 IU	50%
Vitamin K2 (as menaquinone, MK-7).....	80 mcg	100%
Thiamin (as thiamine HCl).....	3 mg	200%
Riboflavin.....	4 mg	235%
Vitamin B6 (pyridoxal-5-phosphate).....	4 mg	200%
Folate (as calcium-L-5-methyltetrahydrofolate).....	800 mcg	200%
Vitamin B12 (as methylcobalamin).....	120 mcg	2000%
Biotin.....	1500 mcg	500%
Pantothenic Acid (as calcium pantothenate).....	20 mg	200%
Magnesium (as di-magnesium malate and magnesium bisglycinate).....	40 mg	10%
Zinc (as monomethionine).....	15 mg	100%
Selenium (as selenomethionine).....	100 mcg	143%
Manganese (as bisglycinate).....	1 mg	50%
Chromium (as picolinate).....	100 mcg	83%
Molybdenum (as sodium molybdate).....	50 mcg	67%
Potassium (as citrate).....	25 mg	<1%
L-Carnosine.....	100 mg	†
Alpha Lipoic Acid (R-Lipoic, Alpha-Lipoic).....	100 mg	†
L-Taurine.....	100 mg	†
Inositol.....	100 mg	†
N-Acetyl Cysteine.....	100 mg	†
Green Tea (standardized 98% polyphenols, 40% EGCG).....	100 mg	†
CoQ10 (Coenzyme Q10).....	50 mg	†

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Amount Per Serving	
Probiotic Blend (3 billion viable cells)††	50 mg†
<i>Lactobacillus acidophilus</i> , <i>L. plantarum</i> , <i>L. casei</i> , <i>L. bulgaricus</i> , <i>L. brevis</i> , <i>L. rhamnosus</i> , <i>L. lactis</i> , <i>Bifidobacterium lactis</i> , <i>B. bifidum</i> , <i>L. sporogenes</i> (<i>B. coagulans</i>), <i>Streptococcus thermophilus</i> , Fructooligosaccharides (FOS)	
Organic Keto Support Whole Food Blend	50 mg†
Beet Green Fiber, Beet Root**, Spinach**, Celery Seed**, Coriander**, Dandelion Leaf**, Dandelion Root**, Oregano Leaf**, Parsley Leaf**, <i>Spirulina platensis</i> **	
†Daily Value (DV) not established. ††At time of manufacture **Organic	

Other ingredients: Vegetable cellulose, organic rice protein, silica, microcrystalline cellulose, hydroxypropyl methylcellulose.

Whether you're on a low-carb diet for weight management or just trying to live healthier with a low-glycemic or ketogenic lifestyle, you need optimal nutrition to be successful and to keep your body healthy. **Nature's Plus® Keto Living™** Multi delivers a powerful array of vitamins, minerals, ketogenic whole foods and ketosis-promoting probiotics to help you derive the full benefits of your low-carb, low-glycemic or ketogenic lifestyle.*

Free from all major food allergens (per FALCPA regulations).

• **FREE FROM ARTIFICIAL COLORS AND PRESERVATIVES.**

• **VEGETARIAN • GLUTEN FREE • NON-GMO**

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

KEEP OUT OF REACH OF CHILDREN.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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- Essential Keto Lifestyle Nutrition
- Optimized Bioactive Nutrients
- Ketosis-Promoting Probiotics
- Ketogenic Whole Foods

MULTI-VITAMIN SUPPLEMENT • 90 CAPSULES