



• COMPLETE PROTEIN • HIGH POTENCY VITAMINS & MINERALS

Nature's Plus. The Energy Supplements.

Source of Life.

GOLD Bar

With B Vitamins
and Vitamin C from
Organic Whole Food Sources

With Açai, Resveratrol, Vitamin K2, CoQ10 & Over 120 Whole Foods!



NET WT. 1.7 Oz. (50g) • Delicious Chocolate Berry Flavor



Nutrition Facts

Serving Size 1 Bar (50g)

Amount Per Serving

Calories 180 Calories from Fat 60

%Daily Value*

Total Fat 7g **11%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Potassium 150mg **4%**

Total Carbohydrate 26g **9%**

Dietary Fiber 6g **23%**

Sugars 8g

Other Carbohydrates 9g

Protein 6g **12%**

Vitamin A 7838 IU 160%

Vitamin C 439 mg 730%

Calcium 250 mg 25%

Iron 0 mg 0%

Vitamin E 156 IU 520%

Vitamin K 80 mcg 100%

Thiamin 23 mg 1540%

Riboflavin 19 mg 1140%

Niacin 31 mg 160%

Vitamin B6 23 mg 1160%

Folic Acid 352 mcg 90%

Vitamin B12 878 mcg 14,630%

Biotin 93 mcg 30%

Pantothenic Acid 48 mg 480%

Phosphorus 40 mg 4%

Iodine 134 mcg 90%

Magnesium 100 mg 25%

Zinc 6.5 mg 45%

Selenium 21 mcg 30%

Copper 2.7 mg 130%

Manganese 3.3 mg 160%

Chromium 19 mcg 15%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS†: Bran granola (rolled oats, honey, vanilla extract, lecithin), **Citrusweet Whole Food Blend** (agave, oligofructose, pea protein isolate, natural flavors), **Coating** (fractionated vegetable oil, cocoa [processed with alkali], whey, lecithin, natural flavors), **Whole Food Omega Fatty Acid Blend** (chia whole grain, spirulina, sunflower seed, black currant, borage, flax), **Full Spectrum Prebiotic Fiber Complex** (FOS, chia whole grain fiber, apple pectin, modified citrus pectin, soluble vegetable oligosaccharides, flax), **Gold Standard Non-GMO Protein Blend** (chia protein, rice protein, pea protein, flax protein), dried cranberries, almond slices, natural flavors, canola oil, vegetable glycerin, **Vitamin and Mineral Blend** (vitamin C [ascorbic acid, esterified C (ascorbyl palmitate), Organic Gold Standard], calcium [citrate/aminoate], d-alpha tocopheryl acetate, magnesium [citrate/aminoate complex], potassium citrate, pantothenic acid [calcium pantothenate; Organic Gold Standard], zinc [gluconate/aminoate complex], niacin [niacinamide; Organic Gold Standard], vitamin A [palmitate; mixed carotenoids from spirulina and *Dunaliella salina*], manganese [gluconate/aminoate], vitamin B6 [pyridoxine hydrochloride; Organic Gold Standard], vitamin B1 [thiamine mononitrate; Organic Gold Standard], vitamin B2 [riboflavin; Organic Gold Standard], selenium aminoate, vitamin K2 [menaquinone-4, menaquinone-7], copper [aminoate; from chlorophyllin]; vitamin B12 [cyanocobalamin], folate [folic acid; Organic Gold Standard], potassium iodide, chromium picolinate, biotin), chlorophyll [from spirulina and copper chlorophyllin], **Bioflavonoid/Antioxidant Whole Food Blend** (active flavonols, flavanones, flavones & naringen, hesperidin, eriocitrin [from *Citrus limon* exocarp]; quercetin, rutin), Korean ginseng, citric acid, malic acid, inositol, choline bitartrate, lycopene, salt, **Enzyme-rich Whole Food Blend** (pineapple, papaya, beet juice, turmeric, parsley, ginger), lutein, PABA, **MULTI COLOR WHOLE FOOD BLEND** (over 100 whole foods)† – ‡Organic Gold Standard **Whole Food Complex** (guava, holy basil, lemon extracts, amla [*Embilica officinalis*] fruit) (std. naturally occurring B complex and vitamin C), **Energizing and Cleansing Green Whole Food Blend†** (spirulina, camu-camu, barley grass juice, beet greens, broccoli, spinach, Chinese green tea [decaffeinated], turmeric, Korean ginseng, *Echinacea purpurea*, olive leaves, kale), **Strength and Endurance White Whole Food Blend†** (white nectarine, white peach, white fig, white tea, cauliflower, garlic, onion), **Defense and Repair Yellow Whole Food Blend†** (carrot, mango, grapefruit, yellow squash, golden kiwi, cantaloupe), **Brain Support Blue Whole Food Blend†** (black currant extract, blueberry, blackberry, elderberry, wolfberry [goji], açai), **Anti-Aging Red Whole Food Blend†** (noni, mangosteen, apple, cranberry, tomato, red grape, red wine [alcohol-free]), coenzyme Q10 (ubiquinone), **Trans-Resveratrol Complex†** (from std. concentrates of red wine [*V. vinifera* fruit] [alcohol-free], grape seed and *Polygonum cuspidatum* root), **Trace Mineral Complex** (soluble prehistoric plant-based), **Whole Food PhytoAlgae and Organic Mushroom Blend†** (proprietary complex of Phenalgin™ [std. polyphenols calc. as phlorotannins], chlorella [broken cell], cryptomonads, red kelp, brown kelp, ulva, red seaweed, dulse, rockweed; Mushrooms: wood ear, cordyceps, maitake, shiitake, oyster mushroom, white wood ear), **Anti-Aging Blend†** (R-lipoic acid, MSM, glutathione). † Partial list. For complete list and details, visit www.naturesplus.com. ‡See Multi Color Whole Food Blend.

EACH BAR ALSO CONTAINS:

Amino Acids 6000 mg
(20 essential and non-essential amino acids)

DIRECTIONS: As an energy booster or meal replacement, enjoy one bar with an 8 oz. glass of water.

Manufactured with LOVE ♥ by Natural Organics Laboratories, Inc.
makers of Nature's Plus
9500 New Horizons Blvd., Amityville, NY 11701, USA
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PRODUCT NO. 99642



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