



Supplement Facts

Serving Size 6 Tablets, Servings Per Container 30

Amount Per Serving		% DV
Calories	20	
Total Carbohydrate	3 g	1% **
Dietary Fiber	1 g	6% **
Protein	1 g	
Vitamin A (as beta carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	1000 mg	1667%
Vitamin D (as cholecalciferol)	700 IU	175%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%
Vitamin K2 (as menaquinone-4, .. menaquinone-7)	50 mcg	63%
Thiamin (vitamin B1) (as thiamine HCl)	25 mg	1667%
Riboflavin (vitamin B2)	25 mg	1471%
Niacin (as niacinamide)	40 mg	200%
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	200 mcg	3333%
Biotin	100 mcg	33%
Pantothenic Acid (as calcium pantothenate)	60 mg	600%
Calcium (as aminoate complex)	200 mg	20%
Iron (as aminoate complex, ascorbate)	4.5 mg	25%
Iodine (from kelp)	150 mcg	100%
Magnesium (as aminoate complex)	100 mg	25%
Zinc (as aminoate complex, picolinate)	15 mg	100%
Selenium (as aminoate complex)	25 mcg	36%
Copper (as aminoate complex)	0.5 mg	25%
Manganese (as aminoate complex)	4 mg	200%
Chromium (as aminoate complex)	20 mcg	17%

Amount Per Serving

% DV

Molybdenum	11 mcg	15%
Potassium (as aminoate complex)	50 mg	1%

Red Lightning Proprietary Blend (30 whole foods)†

Spirulina 500 mg†

Proprietary Anti-Aging Blend† 125 mg†

Essential Fatty Acid-Rich Whole Food Energy Blend 220 mg†

black currant, sunflower seed, octadecanoic acid

Bioflavonoids (from *Citrus limon* exocarp)‡ 60 mg†

Ginseng Root (Korean) 50 mg†

Choline (as bitartrate) 30 mg†

Inositol 30 mg†

Quercetin (from *Dimorphandra mollis*) 30 mg†

Papain (from papaya fruit) 30 mg†

Rutin (from *Sophora japonica* leaf) 25 mg†

Betaine HCl 25 mg†

Apple Pectin 20 mg†

PABA (para-aminobenzoic acid) 15 mg†

Bromelain (from pineapple fruit) 12 mg†

(24 gelatin digesting units)

Hesperidin (from *Citrus limon* exocarp) 10 mg†

Chlorophyll (from Whole Food Blend/spirulina) 6 mg†

Amylase (from *Aspergillus oryzae* fermentation) 5 mg†

Lipase (from *Rhizopus oryzae* fermentation) 5 mg†

Carotenoids (from Whole Food Blend) 4 mg†

Lycopene 2.5 mg†

Lutein (active carotenoid from marigold flower extract)†† 1.5 mg†

Octacosanol 200 mcg†

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

† Daily Value (DV) not established.

‡ For details, visit www.naturesplus.com

Other ingredients: **Multi Color Whole Food Lightning Proprietary Blend** (115 fruits and vegetables)‡, microcrystalline cellulose, di-calcium phosphate, vegetable cellulose, beet juice, magnesium oxide, stearic acid, zinc sulfate, magnesium stearate, potassium chloride, ferrous fumarate, manganese sulfate, potassium iodide, silica, *Echinacea angustifolia*, astragalus root, ligustrum berry, schisandra fruit and organic tapioca maltodextrin, organic sunflower lecithin, organic palm oil, organic guar gum. Mineral aminoates are whole brown rice chelates.

Nutritional Support for Free Radical Defense, Natural Energy Production and Overall Well-Being.*

Free from artificial colors, preservatives, yeast, wheat, soy and milk. **GLUTEN FREE.**

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.

†† **FloraGLO LUTEIN** is a registered trademark of Kemin Industries, Inc.

Source of Life is a registered trademark of Natural Organics, Inc. in the US and other countries.

Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc.
makers of **Nature's Plus**

9500 New Horizons Blvd., Amityville, New York 11701, USA
©NATURAL ORGANICS® www.naturesplus.com

PRODUCT NO. 30554

