

Recharge Your Life – Step Up To The Gold!

NaturesPlus®

Source of Life®
GOLD
Tablets



Guaranteed
Burst of Energy®

The Ultimate Multi-Vitamin Supplement
with Concentrated Whole Foods
With Açai, Resveratrol, Vit. D3, Vit. K2,
CoQ10 and Over 120 Whole Foods!

GLUTEN
Free

Vegetarian • Hypo-Allergenic • 90 TABLETS

Supplement Facts

Serving Size 3 Tablets, Servings Per Container 30

Amount Per Serving		%DV
Calories	5	
Protein	1 g	
Vitamin A (as beta carotene; from <i>Blakeslea trispora</i> , ... spirulina and <i>Dunaliella salina</i> ; potentiated by zeaxanthin, lutein, lycopene, xanthophylls)	15,000 IU	300%
Vitamin C (as ascorbic acid; esterified C [ascorbyl palmitate]; Organic Gold Standard††)	1010 mg	1683%
Vitamin D3 (as cholecalciferol from lichen)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	250 IU	833%
Vitamin K2 (as menaquinone-4, menaquinone-7)	100 mcg	125%
Thiamin (as thiamine HCl; Organic Gold Standard††)	30 mg	2000%
Riboflavin (as riboflavin; Organic Gold Standard††)	30 mg	1764%
Niacin (as niacinamide; Organic Gold Standard††)	125 mg	625%
Vitamin B6 (as pyridoxine HCl; Organic Gold Standard††)	30 mg	1500%
Folate (as calcium-L-5-methyltetrahydrofolate; naturally occurring from Organic Gold Standard††)	425 mcg	106%
Vitamin B12 (as methylcobalamin)	1000 mcg	16,667%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium pantothenate; Organic Gold Standard††)	125 mg	1250%
Calcium (as citrate, organic chelates from <i>Spirulina platensis</i> , di-calcium phosphate and from whole foods)	250 mg	25%
Iodine (from kelp, potassium iodide)	150 mcg	100%
Magnesium (as aminoate* complex)	125 mg	31%
Zinc (as aminoate* complex, picolinate)	15 mg	100%
Selenium (as aminoate* complex)	70 mcg	100%
Copper (chlorophyllin; as aminoate* complex)	4.5 mg	225%

Manganese (as aminoate* complex)	4 mg	200%
Chromium (as aminoate* complex)	120 mcg	100%
Potassium (as aminoate* complex; naturally occurring from spirulina)	60 mg	2%

Whole Food PhytoAlgae & Organic Mushroom Blend††

800 mg†
Proprietary complex of Fucacea (*Ascophyllum nodosum*), Laminaria brown algae (*Laminaria digitata*), Irish moss (*Chondrus crispus*), dulse (*Palmaria palmata*), red seaweed (*Lithothamnium calcareum*), spirulina algae (*Spirulina platensis*) (natural source of ribonucleic acid [RNA] and deoxyribonucleic acid [DNA]), bladderwrack (*Fucus vesiculosus*), hijiki (*Sargassum fusiforme*), wakame (*Ulva esculenta*), nori (*Porphyra yezoensis*), kombu (*Laminaria setchellii*); mushrooms: wood ear, Cordysim™ (*Bionectria ochroleuca*), maitake, shiitake, oyster mushroom, white wood ear; chlorophyll (from spirulina and copper chlorophyllin) from concentrate

Multi Color Whole Food Blend††

725 mg†
##Organic Gold Standard Whole Food Complex – Guava (*Psidium guajava*), holy basil (*Ocimum tenuiflorum*), lemon, amla (*Embilica officinalis*) fruit (standardized naturally occurring B complex and vitamin C)

Amino Acids

(20 essential and non-essential amino acids) 510 mg†
from spirulina, Whole Food PhytoAlgae, chia and mineral aminoates

Whole Food Omega Fatty Acid and Prebiotic Fiber Blend

200 mg†
supplying 85 mg of Omega-3, -9, and other healthful fatty acids (from chia, spirulina, sunflower seed, black currant, borage and flax)

Enzyme Blend:

Bromelain (from pineapple) (80 GDU), amylase, lipase, papain (from papaya), betaine HCl, lactase, protease, cellulase, Activeness® (cellulase, pectinase, hemicellulase and xylanase)

Anti-Aging Blend:

Alpha-lipoic acid, R-lipoic acid, MSM (methylsulfonylmethane), glutathione, NAC (N-acetyl-cysteine), turmeric (std. curcumin), grape (*Vitis vinifera*) seed extract (std. proanthocyanidins) 50 mg†

Trans-Resveratrol

(from standardized extracts of *Polygonum cuspidatum* root, grape seed [*Vitis vinifera*], red wine concentrate [alcohol free] [*Vitis vinifera* fruit]) 50 mg†

Coenzyme Q10 (pharmaceutical grade)	50 mg†
Inositol	50 mg†
Bioflavonoid Complex (from <i>Citrus</i> spp.) (active 48% [14.4 mg] flavanones and 2% [0.6 mg] flavanols, flavones and related phenolic compounds)	30 mg†

Whole Food Fiber Complex:

Apple pectin, arabinogalactan, modified citrus pectin, soluble vegetable oligosaccharides, flax

Choline (as bitartrate) 30 mg†

Korean Ginseng Root (*Panax ginseng*) 25 mg†

PABA (para-aminobenzoic acid) 25 mg†

Quercetin (from *Dimorphandra mollis*) 10 mg†

Trace Mineral Complex (soluble prehistoric plant-based) 10 mg†

Chlorophyll (from spirulina) 7.5 mg†

Rutin (from *Sophora japonica* leaf) 5 mg†

Hesperidin Complex (from *Citrus aurantium* exocarp) 5 mg†

Carotenoids (from whole foods) 4 mg†

Lutein (active carotenoid from marigold flower extract) 3 mg†

Lycopene 2.5 mg†

Full Spectrum Probiotic Blend 2 mg†

(28 million viable cells at time of manufacture) – supplying *Lactobacillus acidophilus*, FOS (fructooligosaccharides), *L. plantarum*, *L. casei*, *L. bulgaricus*, *L. brevis*, *L. rhamnosus*, *L. lactis*, *Bifidobacterium lactis*, *B. bifidum*, *L. sporogenes* (*B. coagulans*), *Streptococcus thermophilus*

Boron (as citrate) 1 mg†

Octacosanol 200 mcg†

†Daily Value (DV) not established. ††See Multi Color Whole Food Blend.

* Whole brown rice cholate

††For details, visit www.naturesplus.com.

Other ingredients: Vegetable cellulose, di-calcium phosphate, microcrystalline cellulose, magnesium oxide, stearic acid, magnesium stearate, zinc sulfate, manganese sulfate, silica and pharmaceutical glaze.

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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.

DIRECTIONS: As a dietary supplement, three tablets once daily.

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

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

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Made with **Vitashine™**

PRODUCT NO. 30711



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