

• ENERGY ON THE GO! •

Natures Plus®

Source of Life®
Multi-Vitamin & Mineral Supplement
WITH WHOLE FOOD CONCENTRATES

GLUTEN
Free

No Iron



Vegetarian • Hypo-Allergenic • 90 Tablets

Supplement Facts

Serving Size 3 Tablets, Servings Per Container 30

Amount Per Serving		%DV	Amount Per Serving	
Calories	20		Spirulina	1000 mg†
Total Carbohydrate	3 g	1%**	Essential Fatty Acid—Rich Whole Food	220 mg†
Dietary Fiber	1 g	6%**	Energy Blend: Black Currant, Sunflower Seed, Octadecanoic Acid	
Protein	1 g		Bioflavonoids (from <i>Citrus limon</i> exocarp)	60 mg†
Vitamin A (as beta carotene)	10,000 IU	200%	(active flavanols, flavanones, flavones & naringin [26 mg])	
Vitamin C (as ascorbic acid)	1000 mg	1667%	Ginseng Root (Korean)	50 mg†
Vitamin D3 (as cholecalciferol from lichen)	1000 IU	250%	Choline (as bitartrate)	30 mg†
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%	Inositol	30 mg†
Vitamin K2 (as menaquinone-4, menaquinone-7)	80 mcg	100%	Quercetin (from <i>Dimorphandra mollis</i>)	30 mg†
Thiamin (as thiamine HCl)	25 mg	1667%	Papain (from papaya fruit)	30 mg†
Riboflavin (vitamin B2)	25 mg	1471%	Rutin (from <i>Sophora japonica</i> leaf)	25 mg†
Niacin (as niacinamide)	40 mg	200%	Betaine HCl	25 mg†
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%	Apple Pectin	20 mg†
Folate (as calcium-L-5- methyltetrahydrofolate)	400 mcg	100%	PABA (para-aminobenzoic acid)	15 mg†
Vitamin B12 (as methylcobalamin)	1000 mcg	16,667%	Bromelain (from pineapple fruit)	12 mg†
Biotin	100 mcg	33%	(24 gelatin digesting units)	
Pantothenic Acid (as calcium pantothenate)	60 mg	600%	Hesperidin (from <i>Citrus limon</i> exocarp)	10 mg†
Calcium (as aminoate complex)	200 mg	20%	Chlorophyll (from spirulina)	7.5 mg†
Iodine (from kelp)	150 mcg	100%	Amylase (from <i>Aspergillus oryzae</i> fermentation)	5 mg†
Magnesium (as aminoate complex)	100 mg	25%	Lipase (from <i>Rhizopus oryzae</i> fermentation)	5 mg†
Zinc (as aminoate complex, picolinate)	15 mg	100%	Carotenoids	4 mg†
Selenium (as aminoate complex)	25 mcg	36%	Octacosanol	200 mcg†
Copper (as aminoate complex)	0.5 mg	25%		
Manganese (as aminoate complex)	4 mg	200%		
Chromium (as aminoate complex)	20 mcg	17%		
Molybdenum (as aminoate complex)	37.5 mcg	50%		
Potassium (as aminoate complex)	50 mg	1%		

Other ingredients: Microcrystalline cellulose, di-calcium phosphate, stearic acid, magnesium oxide, vegetable cellulose, zinc sulfate, magnesium stearate, potassium chloride, manganese sulfate, potassium iodide, silica, astragalus root, *Echinacea angustifolia* root, Irish moss (*Chondrus crispus*), thyme leaf, ligustrum berry, schisandra fruit, rice bran and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.

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

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

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

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

***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.**

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Natural Organics Laboratories, Inc.
makers of **Nature's Plus**

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