NaturesPlus

Multi-Vitamin & Mineral Supplement with Whole Food Concentrates Guaranteed Double Strength Burst of Energy

500 mg Spirulina | Exotic Red Fruits

Vegetarian • 180 Bi-Layered Tablets

FREE

RADICAL

DEFENSE

SYSTEM

Supplement Facts

Serving Size 6 Tablets, Servings Per Container 30			
Amount Per Serving		% DV	
Calories	20		
Total Carbohydrate		1%**	
Dietary Fiber	1 g	6%**	
Protein	1 g		
Vitamin A (as beta carotene)		200%	
Vitamin C (as ascorbic acid)		1667%	
Vitamin D3 (as cholecalciferol from lich	en) 700 IU	175%	
/itamin E (as d-alpha	200 IU	667%	
tocopheryl succinate)			
/itamin K2 (as menaguinone-4,	50 mcg	63%	
menaquinone-7)			
Thiamin (vitamin B1)	25 mg	1667%	
(as thiamine HCI)			
Rîboflavin (vitamin B2)	25 mg	1471%	
Viacin (as niacinamide)		200%	
/itamin B6 (as pyridoxine HCI)	25 mg	1250%	
olate (as calcium-L-5	400 mcg	100%	
methyltetrahydrofolate)	_		
/itamin B12 (as methylcobalamin)	200 mcg	3333%	
Biotin	100 mcg	33%	
Pantothenic Acid	60 mg	600%	
(as calcium pantothenate)	-		
Calcium (as aminoate complex)	200 mg	20%	
Iron (as aminoate	4.5 mg	25%	
complex, ascorbate)	-		
lodine (from kelp)	150 mcg		
Magnesium (as aminoate complex)	100 mg	25%	
Zinc (as aminoate	15 mg	100%	
complex, picolinate)			
Selenium (as aminoate complex)	25 mcg		
Copper (as aminoate complex)	0.5 mg	25%	
Manganese (as aminoate complex)	4 mg	200%	
Chromium (as aminoate complex)	20 mcg	17%	

Ī	Amount Per Serving	%DV
	Molybdenum (as glycinate chelate) 11 mcg . Potassium (as aminoate complex) 50 mg .	
"	Red Lightning Proprietary Blend (30 whole foods)‡	500 mg†
		500 mg†
*		125 mg†
- 1		220 mat
6	black currant, sunflower seed, octadecanoic acid	٠,
6	Bioflavonoid Complex (from Citrus limon/sinensis	60 mg+
	whole fruit)‡	
5	Ginseng Root (Korean)	50 mat
	Choline (as bitartrate)	30 mg†
1	Inositol	30 mg+
ı	Quercetin (from Dimorphandra mollis)	30 mg†
	Papain (from papaya fruit)	30 mg+
ı	Rutin (from Sophora japonica leaf)	25 mg†
	Betaine HCI	25 mg†
ı	Apple Pectin	20 mg†
ı	PABA (para-aminobenzoic acid)	15 mg†
١	Bromelain (from pineapple fruit)	12 mg†
П	(24 gelatin digesting units)	
	Hesperidin (from Citrus spp. 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†
- 1	Lycopene	2.5 mg†
1	Lutein (active carotenoid from marigold flower extract) ^{††}	1.5 mg†

^{**}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 quar 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 and all of the major allergens identified in the U.S. Food Allergen Labeling and Consumer Protection Act. 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.

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