

NaturesPlus®

Source of Life®

GREEN

ENERGY
ON-THE-GO

AND

RED

STOP
FREE RADICAL
DAMAGE

Multi-Vitamin & Mineral Supplement
with Whole Food Concentrates

Anti-Aging Nutrients

500 mg Spirulina

Exotic Red Fruits

Bi-Layered
Tablets

Guaranteed
Double Strength
Burst of Energy

90 Tablets

CLEANSE
FREE
RADICAL
DEFENSE
SYSTEM
NEUTRALIZE

Supplement Facts

Serving Size 3 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 D3 (as cholecalciferol from lichen)	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 calcium-L-5-methyltetrahydrofolate)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	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%
Molybdenum (as glycinate chelate)	11 mcg	15%
Potassium (as aminoate complex)	50 mg	1%

Red Lightning Proprietary Blend (30 whole foods):	500 mg†
Beet, pomegranate (<i>Punica granatum</i> fruit), goji (<i>Lycium barbarum</i> berry), noni (<i>Morinda citrifolia</i> fruit), mangosteen (<i>Garcinia mangostana</i> fruit), açai (cabbage palm) (<i>Euterpe oleracea</i> berry), cranberry (<i>Vaccinium macrocarpon</i>), red raspberry, black raspberry, red grape, tomato, strawberry, black currant, red bell pepper, bilberry, blueberry (<i>Vaccinium corymbosum</i>), elderberry (<i>Sambucus nigra</i>), nopal cactus, carrot, green tea leaf, turmeric root and rhizome, fenugreek seed, apple, apricot, orange, peach, plum, pear, guava, pineapple, watermelon, mango, pea	
Spirulina	500 mg†
Proprietary Anti-Aging Blend: MSM (methylsulfonylmethane), NAC (N-acetyl-cysteine), turmeric (std. curcumin), grape (<i>Vitis vinifera</i>) seed extract (std. proanthocyanidins)	125 mg†
Essential Fatty Acid-Rich Whole Food Energy Blend:	220 mg†
black currant, sunflower seed, octadecanoic acid	
Bioflavonoid Complex (from <i>Citrus limon/sinensis</i> whole fruit) (active flavanones, flavanols, flavones and related phenolic compounds [30 mg])	60 mg†
Ginseng Root (Korean)	50 mg†
Choline (as bitartrate)	30 mg†
Inositol	30 mg†
Quercetin (from <i>Dimorphandra mollis</i>)	30 mg†

Continued on next panel . . .

*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.

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.

Supplement Facts, continued

Amount Per Serving	%DV
Papain (from papaya fruit)	30 mg†
Rutin (from <i>Sophora japonica</i> leaf)	25 mg†
Betaine HCl	25 mg†
Apple Pectin	20 mg†
PABA (para-aminobenzoic acid)	15 mg†
Bromelain (from pineapple fruit) (24 gelatin digesting units)	12 mg†
Hesperidin (from <i>Citrus</i> sp. exocarp)	10 mg†
Chlorophyll (from Whole Food Blend/spirulina)	6 mg†
Amylase (from <i>Aspergillus oryzae</i> fermentation)	5 mg†
Lipase (from <i>Rhizopus oryzae</i> 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.

Other ingredients: **Multi Color Whole Food Lightning Proprietary Blend** (cooked whole brown rice, fructooligosaccharides [FOS], chlorella [*Chlorella vulgaris*] [broken cell], Icelandic kelp, fucaea [*Ascophyllum nodosum*], laminaria brown algae [*Laminaria digitata*], Irish moss [*Chondrus crispus*], dulse [*Palmaria palmata*], red seaweed [*Lithothamnium calcareum*], spirulina algae [*Spirulina platensis*], bladderwrack [*Fucus vesiculosus*], hijiki [*Sargassum fusiforme*], wakame [*Alaria esculenta*], nori [*Porphyra yezoensis*], kombu [*Laminaria setchellii*], sunflower seed, apple, apricot, banana, cranberry, orange, peach, red raspberry, strawberry, tomato, beet greens, cabbage, onion, parsley, celery seed, papaya, red grape, broccoli, carrot, garlic, spinach leaf, pea, Chinese green tea [decaffeinated], turmeric, red wine grape, Korean ginseng, green coffee bean, thyme, olive fruit, cucumber, juniper berry, holy basil, rice bran, sage, konjac root fiber, date, potato, artichoke, horseradish, white tea, *Phaseolus vulgaris* bean, shiitake mushroom, parsnip, turnip, cauliflower, ginger, chia, chicory root, lemon, citrus pectin, bamboo, mango, grapefruit, apple cider vinegar, pear, honeydew melon, pineapple, yellow squash, gooseberry, kiwi, oregano leaf, pumpkin, fennel, annatto, clove, hops, rosemary, tangerine, lemongrass, marigold, blueberry, blackberry, elderberry [*Sambucus nigra*], lingonberry, plum, black cherry extract, purple fig, agave, passion fruit, kale, rhubarb, acerola, beet, hibiscus, carob, prune, pomegranate extract, wolfberry [goji], black currant, noni, mangosteen, açai [cabbage palm] [*Euterpe oleracea*], black raspberry, bilberry, nopal cactus, purple carrot, fenugreek, watercress, cinnamon, flax, quinoa, watermelon), microcrystalline cellulose, di-calcium phosphate, vegetable cellulose, *Echinacea angustifolia*, beet juice, magnesium oxide, stearic acid, zinc sulfate, magnesium stearate, potassium chloride, ferrous fumarate, manganese sulfate, silica, astragalus root, ligustrum berry, schisandra fruit, potassium iodide, organic tapioca maltodextrin, organic sunflower lecithin, organic palm oil and organic guar gum. Mineral aminoates are whole brown rice chelates.

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.

GLUTEN FREE • VEGETARIAN

PRODUCT NO. 30551



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