

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

Free from artificial colors and preservatives.

**IN A SPECIAL BASE WHICH PROVIDES FOR THE GRADUAL
RELEASE OF INGREDIENTS OVER A PROLONGED PERIOD
OF TIME.**

DIRECTIONS: As a dietary supplement, take two tablets
two hours before exertive activity.

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.**

MICRO-GEL SUSTAINED RELEASE SYSTEM

Manufactured with LOVE ♥ by

Natural Organics Laboratories, Inc., makers of **Nature's Plus**
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PRODUCT NO. 3062



Natures Plus®

SUSTAINED RELEASE

DYNO VITES®

**Multi-Vitamin Supplement
for Athletes and
Active Adults**

180 Tablets



Supplement Facts

Serving Size 2 Tablets, Servings Per Container 90

	Amount Per Serving	%DV
Vitamin A (as beta carotene)	25,000 IU	500%
Vitamin C (as mineral ascorbate)	1000 mg	1667%
Vitamin D (as ergocalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%
Thiamin (vitamin B1) (as thiamine HCl)	100 mg	6667%
Riboflavin (vitamin B2)	100 mg	5882%
Niacin (as niacinamide)	125 mg	625%
Vitamin B6 (as pyridoxine HCl)	125 mg	6250%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	500 mcg	8333%
Biotin	125 mcg	42%
Pantothenic Acid (as calcium pantothenate)	125 mg	1250%
Calcium (as ascorbate)	50 mg	5%
Iron (as amino acid chelate/complex)	25 mg	139%
Iodine (from kelp)	150 mcg	100%
Magnesium (as ascorbate)	25 mg	6%
Zinc (as ascorbate)	25 mg	167%
Selenium (as amino acid complex)	100 mcg	143%
Manganese (as amino acid chelate/complex)	10 mg	500%
Chromium (as amino acid chelate)	200 mcg	166%
Molybdenum (as amino acid complex)	50 mcg	67%
Potassium (as citrate)	15 mg	<1%
PABA (para-aminobenzoic acid)	100 mg	†
Inositol	75 mg	†
Choline (as bitartrate)	75 mg	†
L-Methionine (free form amino acid)	50 mg	†
Bioflavonoid Complex (from <i>Citrus limon</i> exocarp)	50 mg	†
Rutin (from <i>Sophora japonica</i> leaf)	25 mg	†
Betaine HCl	25 mg	†
L-Glutamine (free form amino acid)	25 mg	†
Hesperidin (from <i>Citrus limon</i> exocarp)	10 mg	†

†Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, stearic acid, di-calcium phosphate, ferrous fumarate, magnesium stearate, hydroxypropyl methylcellulose, silica, manganese sulfate, bee pollen, wheat germ, brewer's yeast, soy lecithin, potassium iodide and pharmaceutical glaze.