

with
methylcobalamin
& methylfolate!

• **ENERGY ON THE GO!** •

Natures Plus.

Source of Life ^{GLUTEN Free}
Multi-Vitamin & Mineral
WITH WHOLE FOOD CONCENTRATES
Tablets



Vegetarian • Hypo-Allergenic • 180 Tablets

Supplement Facts

Serving Size 3 Tablets

Servings Per Container 60

Amount Per Serving	%DV	Amount Per Serving	
Calories	20	Spirulina	1000 mg†
Total Carbohydrate	3 g	Essential Fatty Acid-Rich Whole Food	220 mg†
Dietary Fiber	1 g	Energy and Prebiotic Fiber Blend: Black	
Protein	1 g	Current, Sunflower Seed, Octadecanoic Acid	
Vitamin A (as beta carotene)	10,000 IU	Bioflavonoid Complex (from <i>Citrus limon</i> / ...	60 mg†
Vitamin C (as ascorbic acid)	1000 mg	<i>sinensis</i>) standardized to 48% (28 mg)	
Vitamin D3 (as cholecalciferol from lichen)	1000 IU	flavanones, 2% (1 mg) flavanols, flavones	
Vitamin E (as d-alpha-tocopheryl succinate)	200 IU	and related phenolic compounds	
Vitamin K2 (as menaquinone-4, menaquinone-7)	80 mcg	Ginseng Root (Korean)	50 mg†
Thiamin (as thiamine HCl)	25 mg	Choline (as bitartrate)	30 mg†
Riboflavin (vitamin B2)	25 mg	Inositol	30 mg†
Niacin (as niacinamide)	40 mg	Quercetin (from <i>Dimorphandra mollis</i>)	30 mg†
Vitamin B6 (as pyridoxine HCl)	25 mg	Papain (from papaya fruit)	30 mg†
Folate (as calcium-L-5-methyl-tetrahydrofolate)	400 mcg	Rutin (from <i>Sophora japonica</i> leaf)	25 mg†
Vitamin B12 (as methylcobalamin)	1000 mcg	Betaine HCl	25 mg†
Biotin	100 mcg	Apple Pectin	20 mg†
Pantothenic Acid (as calcium pantothenate)	60 mg	PABA (para-aminobenzoic acid)	15 mg†
Calcium (as aminoate complex)	200 mg	Bromelain (from pineapple fruit)	12 mg†
Iron (as aminoate complex, ascorbate)	12 mg	(24 gelatin digesting units)	
Iodine (from kelp)	150 mcg	Hesperidin Complex (from <i>Citrus limon</i> exocarp)	10 mg†
Magnesium (as aminoate complex)	100 mg	Chlorophyll (from spirulina)	7.5 mg†
Zinc (as aminoate complex, picolinate)	15 mg	Amylase (from <i>Aspergillus oryzae</i> fermentation)	5 mg†
Selenium (as aminoate complex)	25 mcg	Lipase (from <i>Rhizopus oryzae</i> fermentation)	5 mg†
Copper (as aminoate complex)	0.5 mg	Carotenoids	4 mg†
Manganese (as aminoate complex)	4 mg	Eriocitrin (from <i>Citrus limon</i> exocarp)	3 mg†
Chromium (as aminoate complex)	20 mcg	Octacosanol	200 mg†
Molybdenum (as aminoate complex)	37.5 mcg		
Potassium (as aminoate complex)	50 mg		

**Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, di-calcium phosphate, stearic acid, magnesium oxide, vegetable cellulose, ferrous fumarate, 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.

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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