

ENERGY ON THE GO!

Natures Plus®

Source of Life®

Multi-Vitamin & Mineral Supplement

WITH WHOLE FOOD CONCENTRATES

Mini-Tabs

GLUTEN Free

EASY TO SWALLOW

Vegetarian • Hypo-Allergenic • 180 Tablets

Supplement Facts

Serving Size 6 Tablets

Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	
Calories	10	Spirulina	1000 mg†
Total Carbohydrate	2 g <1%**	Essential Fatty Acid-Rich Whole Food	220 mg†
Dietary Fiber	1 g 4%**	Energy & Prebiotic Fiber Blend: Black Currant, Sunflower Seed, Octadecanoic Acid	60 mg†
Protein	1 g 2%**	Bioflavonoid Complex (from Citrus sp.)	(active flavanones, flavanols, flavones and related phenolic compounds [26 mg])
Vitamin A (as beta carotene)	10,000 IU 200%	Ginseng Root (Korean)	50 mg†
Vitamin C (as ascorbic acid)	1000 mg 1667%	Choline (as bitartrate)	30 mg†
Vitamin D3 (as cholecalciferol from lichen)	1000 IU 250%	Inositol	30 mg†
Vitamin E (as d-alpha tocopheryl succinate)	200 IU 667%	Quercetin (from Dimorphandra mollis)	30 mg†
Vitamin K2 (as menaquinone-4, menaquinone-7)	80 mcg 100%	Papain (from papaya fruit)	30 mg†
Thiamin (vitamin B1) (as thiamine HCl)	25 mg 1667%	Rutin (from Sophora japonica leaf)	25 mg†
Riboflavin (vitamin B2)	25 mg 1471%	Betaine HCl	20 mg†
Niacin (as niacinamide)	40 mg 200%	Apple Pectin	15 mg†
Vitamin B6 (as pyridoxine HCl)	25 mg 1250%	PABA (para-aminobenzoic acid)	15 mg†
Folate (as calcium-L-5-methyltetrahydrofolate)	400 mcg 100%	Chlorophyll (from spirulina, mulberry leaf)	12 mg†
Vitamin B12 (as methylcobalamin)	1000 mcg 16,667%	Bromelain (from pineapple fruit)	(24 gelatin digesting units)
Biotin	100 mcg 33%	Hesperidin Complex	(from Citrus limon exocarp)
Pantothenic Acid (as calcium pantothenate)	60 mg 600%	Amylase (from Aspergillus oryzae fermentation)	5 mg†
Calcium (as aminoate complex)	200 mg 20%	Lipase (from Rhizopus oryzae fermentation)	5 mg†
Iron (as aminoate complex, ascorbate)	18 mg 100%	Carotenoids	4 mg†
Iodine (from kelp)	150 mcg 100%	Octacosanol	200 mg†
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 aminoate complex)	37.5 mcg 50%		
Potassium (as aminoate complex)	50 mg 1%		

**Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Made with VitaShine™

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, 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.

Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc.
makers of Nature's Plus
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