

ENERGY ON THE GO!

Natures Plus.

Source of Life

Multi-Vitamin & Mineral Supplement

WITH WHOLE FOOD CONCENTRATES

Mini-Tabs

GLUTEN Free

EASY TO SWALLOW

Supplement Facts

Serving Size 6 Tablets

Servings Per Container 60

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 and Prebiotic Fiber Blend: Black Currant, Sunflower Seed, Octadecanoic Acid	
Protein	1 g 2%**	Bioflavonoid Complex (from Citrus sp.)	60 mg†
Vitamin A (as beta carotene)	10,000 IU 200%	(active flavanones, flavanols, flavones and related phenolic compounds [26 mg])	
Vitamin C (as ascorbic acid)	1000 mg 1667%	Ginseng Root (Korean)	50 mg†
Vitamin D3 (as cholecalciferol from lichen)	1000 IU 250%	Choline (as bitartrate)	30 mg†
Vitamin E (as d-alpha tocopheryl succinate)	200 IU 667%	Inositol	30 mg†
Vitamin K2 (as menaquinone-4, menaquinone-7)	80 mcg 100%	Quercetin (from Dimorphandra mollis)	30 mg†
Thiamin (vitamin B1) (as thiamine HCl)	25 mg 1667%	Papain (from papaya fruit)	30 mg†
Riboflavin (vitamin B2)	25 mg 1471%	Rutin (from Sophora japonica leaf)	25 mg†
Niacin (as niacinamide)	40 mg 200%	Betaine HCl	25 mg†
Vitamin B6 (as pyridoxine HCl)	25 mg 1250%	Apple Pectin	20 mg†
Folate (as calcium-L-5-methyltetrahydrofolate)	400 mcg 100%	PABA (para-aminobenzoic acid)	15 mg†
Vitamin B12 (as methylcobalamin)	1000 mcg 16,667%	Chlorophyll (from spirulina, mulberry leaf)	15 mg†
Biotin	100 mcg 33%	Bromelain (from pineapple fruit)	12 mg†
Pantothenic Acid (as calcium pantothenate)	60 mg 600%	(24 gelatin digesting units)	
Calcium (as aminoate complex)	200 mg 20%	Hesperidin Complex	10 mg†
Iron (as aminoate complex, ascorbate)	18 mg 100%	(from Citrus limon exocarp)	
Iodine (from kelp)	150 mcg 100%	Amylase (from Aspergillus oryzae fermentation)	5 mg†
Magnesium (as aminoate complex)	100 mg 25%	Lipase (from Rhizopus oryzae fermentation)	5 mg†
Zinc (as aminoate complex, picolinate)	15 mg 100%	Carotenoids	4 mg†
Selenium (as aminoate complex)	25 mcg 36%	Octacosanol	200 mcg†
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 (DV) not established.

Made with VitaShine™

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
9500 New Horizons Blvd.

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PRODUCT NO. 30584



LBL 1137916

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.

Vegetarian • Hypo-Allergenic • 360 Tablets