

• ENERGY ON THE GO! •

Natures Plus.

Source of Life[®] Supplement

Multi-Vitamin & Mineral
WITH WHOLE FOOD CONCENTRATES
EASY TO SWALLOW

Mini-Tabs No Iron

GLUTEN
Free



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	
Dietary Fiber	1 g 4%**	Energy & Prebiotic Fiber Blend: Black	220 mg†
Protein	1 g 2%**	Currant, Sunflower Seed, Octadecanoic Acid	
Vitamin A (as beta carotene)	10,000 IU 200%	Bioflavonoid Complex (from Citrus sp.)	60 mg†
Vitamin C (as ascorbic acid)	1000 mg 1667%	(active flavanones, flavanols, flavones and related phenolic compounds [26 mg])	
Vitamin D3 (as cholecalciferol from lichen)	1000 IU 250%	Ginseng Root (Korean)	50 mg†
Vitamin E (as d-alpha tocopheryl succinate)	200 IU 667%	Choline (as bitartrate)	30 mg†
Vitamin K2 (as menaquinone-4, menaquinone-7)	80 mcg 100%	Inositol	30 mg†
Thiamin (vitamin B1) (as thiamine HCl)	25 mg 1667%	Quercetin (from Dimorphandra mollis)	30 mg†
Riboflavin (vitamin B2)	25 mg 1471%	Papain (from papaya fruit)	30 mg†
Niacin (as niacinamide)	40 mg 200%	Rutin (from Sophora japonica leaf)	25 mg†
Vitamin B6 (as pyridoxine HCl)	25 mg 1250%	Betaine HCl	25 mg†
Folate (as calcium-L-5-methyltetrahydrofolate)	400 mcg 100%	Apple Pectin	20 mg†
Vitamin B12 (as methylcobalamin)	1000 mcg 16,667%	PABA (para-aminobenzoic acid)	15 mg†
Biotin	100 mcg 33%	Chlorophyll (from spirulina, mulberry leaf)	15 mg†
Pantothenic Acid (as calcium pantothenate)	60 mg 600%	Bromelain (from pineapple fruit)	12 mg†
Calcium (as aminoate complex)	200 mg 20%	(24 gelatin digesting units)	
Iodine (from kelp)	150 mcg 100%	Hesperidin Complex (from Citrus	10 mg†
Magnesium (as aminoate complex)	100 mg 25%	limon exocarp)	
Zinc (as aminoate complex, picolinate)	15 mg 100%	Amylase (from Aspergillus oryzae fermentation)	5 mg†
Selenium (as aminoate complex)	25 mcg 36%	Lipase (from Rhizopus oryzae fermentation)	5 mg†
Copper (as aminoate complex)	0.5 mg 25%	Carotenoids	4 mg†
Manganese (as aminoate complex)	4 mg 200%	Octacosanol	200 mcg†
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.

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

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.
KEEP OUT OF REACH OF CHILDREN.

*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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makers of Nature's Plus
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