

With
Methylcobalamin
& Methylfolate!

• **ENERGY ON THE GO!** •

Natures Plus®

Source of Life® **Supplement**
Multi-Vitamin & Mineral
WITH WHOLE FOOD CONCENTRATES

GLUTEN
Free

No Iron

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 Blend: Black Currant, Sunflower Seed, Octadecanoic Acid	
Protein	1 g	Bioflavonoids (from <i>Citrus limon</i> exocarp)	60 mg†
Vitamin A (as beta carotene)	10,000 IU	(active flavanols, flavanones, flavones & naringin [26 mg])	
Vitamin C (as ascorbic acid)	1000 mg	Ginseng Root (Korean)	50 mg†
Vitamin D3 (as cholecalciferol from lichen)	1000 IU	Choline (as bitartrate)	30 mg†
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	Inositol	30 mg†
Vitamin K2 (as menaquinone-4, menaquinone-7)	80 mcg	Quercetin (from <i>Dimorphandra mollis</i>)	30 mg†
Thiamin (as thiamine HCl)	25 mg	Papain (from papaya fruit)	30 mg†
Riboflavin (vitamin B2)	25 mg	Rutin (from <i>Sophora japonica</i> leaf)	25 mg†
Niacin (as niacinamide)	40 mg	Betaine HCl	25 mg†
Vitamin B6 (as pyridoxine HCl)	25 mg	Apple Pectin	20 mg†
Folate (as calcium-L-5- methyltetrahydrofolate)	400 mcg	PABA (para-aminobenzoic acid)	15 mg†
Vitamin B12 (as methylcobalamin)	1000 mcg	Bromelain (from pineapple fruit)	12 mg†
Biotin	100 mcg	(24 gelatin digesting units)	
Pantothenic Acid (as calcium pantothenate)	60 mg	Hesperidin (from <i>Citrus limon</i> exocarp)	10 mg†
Calcium (as aminoate complex)	200 mg	Chlorophyll (from spirulina)	7.5 mg†
Iodine (from kelp)	150 mcg	Amylase (from <i>Aspergillus oryzae</i> fermentation)	5 mg†
Magnesium (as aminoate complex)	100 mg	Lipase (from <i>Rhizopus oryzae</i> fermentation)	5 mg†
Zinc (as aminoate complex, picolinate)	15 mg	Carotenoids	4 mg†
Selenium (as aminoate complex)	25 mcg	Octacosanol	200 mcg†
Copper (as aminoate complex)	0.5 mg		
Manganese (as aminoate complex)	4 mg		
Chromium (as aminoate complex)	20 mcg		
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, 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-grade. 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.
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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Natural Organics Laboratories, Inc.
makers of **Nature's Plus**

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PRODUCT NO. 30599



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