

Energy for the Life You Live!™

Natures Plus.

Source of Life®
women

Multi-Vitamin and
Mineral Supplement
with Whole Food
Concentrates

with Calcium, Folate & Lutein

GLUTEN
Free

120 TABLETS

Supplement Facts

Serving Size 2 Tablets, Servings Per Container 60

Amount Per Serving	%DV	Amount Per Serving	
Vitamin A (as beta carotene)	10,000 IU 200%	Novasoy® (soy extract)	40 mg†
Vitamin C (as ascorbic acid)	500 mg 833%	(stand. to 40% [16 mg] isoflavones)	
Vitamin D3 (as cholecalciferol from lichen)	100 IU 25%	Fem-Effect Complex	40 mg†
Vitamin E	100 IU 333%	Proprietary blend of Chasteberry (<i>Vitex</i>	
(as d-alpha tocopheryl succinate)		<i>agnus-castus</i> fruit) (stand. 0.5% [50 mcg]	
Vitamin K (as phytonadione)	150 mcg 188%	<i>agnuside</i> , 0.4% [40 mcg] aucubulin; <i>Damiana</i> (leaves);	
Thiamin (vitamin B1) (as thiamine HCl)	50 mg 3333%	<i>Dong Quai</i> (<i>Angelica sinensis</i> root); <i>Black Cohosh</i>	
Riboflavin (vitamin B2)	50 mg 2941%	(<i>Cimicifuga racemosa</i> root) stand. 2.5% [0.25 mg]	
Niacin (as niacinamide)	50 mg 250%	triterpene glycosides)	30 mg†
Vitamin B6 (as pyridoxine HCl)	50 mg 2500%	Choline (as bitartrate)	30 mg†
Folate (as calcium-L-5-	800 mcg 200%	Inositol	25 mg†
methyltetrahydrofolate)		Bioflavonoid Complex (from <i>Citrus limon/sinensis</i>	
Vitamin B12 (as methylcobalamin)	200 mcg 3333%	whole fruit) (stand. to 48% [12 mg] flavanones	
Biotin	300 mcg 100%	and 2% [0.5 mg] flavanols, flavones and related	
Pantothenic Acid (as calcium pantothenate)	60 mg 600%	phenolic compounds)	15 mg†
Calcium (as aminoate complex)	500 mg 50%	Herbal Antioxidant Complex	
Iron (as aminoate complex)	18 mg 100%	Proprietary blend of Turmeric (<i>Curcuma longa</i>	
Iodine (from kelp)	150 mcg 100%	rhizome) (stand. 95% [4.75 mg] curcumin); <i>Bilberry</i>	
Magnesium (as aminoate complex)	250 mg 63%	(<i>Vaccinium myrtillus</i> extract) (stand. 25% [1.25 mg]	
Zinc (as monomethionine**)	15 mg 100%	anthocyanosides); <i>Green Tea</i> (<i>Camellia sinensis</i> leaf)	
Selenium (as aminoate complex)	100 mcg 143%	(decaffeinated) (stand. 50% [2.5 mg] polyphenols)	10 mg†
Copper (as aminoate complex)	1 mg 50%	Lipase (from <i>Rhizopus oryzae</i> fermentation)	5 mg†
Manganese (as aminoate complex)	2 mg 100%	Amylase (from <i>Aspergillus oryzae</i> fermentation)	5 mg†
Chromium (as polynicotinate***)	120 mcg 100%	Lactase (DairyMate®)	5 mg†
Molybdenum (as aminoate complex)	50 mcg 67%	Protease (from <i>Aspergillus oryzae</i> fermentation)	2 mg†
Spirulina	250 mg †	Lutein‡ (active carotenoid from	
Osteone® (griffithsine)	50 mg †	marigold flower extract)	1 mg†
Bromelain (from pineapple fruit)	40 mg †	Boron (as citrate)	
(80 gelatin digesting units)		†Daily Value (DV) not established.	

Other ingredients: Vegetable cellulose, calcium carbonate, magnesium oxide, microcrystalline cellulose, potassium iodide, stearic acid, magnesium stearate, astragalus root, Irish moss (*Chondrus crispus*), thyme leaf, ligustrum berry, schisandra fruit, rice bran and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.

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OptiZinc®

CHROMEMATE®

Made with Vitashine™

FloraGLO®
LUTEIN

Ostivone®
A Division of Health-Tech

Novasoy®
A Division of Archer Daniels Midland Co.

DIRECTIONS: As a dietary supplement for women only, two tablets once daily.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

KEEP OUT OF REACH OF CHILDREN.

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.

NOTE: If you are pregnant or nursing, consult your health-care practitioner before using any herbal product.

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9500 New Horizons Blvd.
Amityville, New York 11701, USA
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PRODUCT NO. 30950

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