

NaturesPlus.

ORAC VALUE
1000

Source of Life

ENERGY
ON-THE-GO

GREEN AND RED

STOP
FREE RADICAL
DAMAGE

Multi-Vitamin & Mineral Supplement
with Whole Food Concentrates

Anti-Aging Nutrients

500 mg Spirulina

Exotic Red Fruits

GLUTEN
Free

Vegetarian • 90 Bi-Layered Tablets • Dietary Supplement

Supplement Facts

Serving Size 3 Tablets

Amount Per Serving	% Daily Value
Calories	20
Total Carbohydrate	3 g 1%**
Dietary Fiber	1 g 4%**
Protein	1 g 2%**
Vitamin A (as beta carotene)	3000 mcg RAE (10,000 IU) 333%
Vitamin C (as ascorbic acid)	1000 mg 1111%
Vitamin D3 (as vegan cholecalciferol)	17.5 mcg (700 IU) 88%
Vitamin E (as d-alpha tocopheryl succinate)	134 mg α-TE (200 IU) 893%
Vitamin K2 (as menaquinone-4, menaquinone-7)	50 mcg 42%
Thiamin (vitamin B1) (as thiamine HCl)	25 mg 2083%
Riboflavin (vitamin B2)	25 mg 1923%
Niacin (as niacinamide)	40 mg NE 250%
Vitamin B6 (as pyridoxine HCl)	25 mg 1471%
Folate (as calcium-L-5-methyltetrahydrofolate) (400 mcg L-methylfolate)	667 mcg DFE 167%
Vitamin B12 (as methylcobalamin)	200 mcg 8333%
Biotin	100 mcg 333%
Pantothenic Acid (as calcium pantothenate)	60 mg 1200%
Choline (as bitartrate)	30 mg 5%
Calcium (as aminoate complex)	200 mg 15%
Iron (as aminoate complex, ascorbate)	4.5 mg 25%

Amount Per Serving

Bioflavonoid Complex (from <i>Citrus limon/sinensis</i> whole fruit) (active flavanones, flavanols, flavones and related phenolic compounds [30 mg])	60 mg†
Ginseng Root (Korean)	50 mg†
Inositol	30 mg†
Quercetin (from <i>Dimorphandra mollis</i>)	30 mg†
Papain (from papaya fruit)	30 mg†
Rutin (from <i>Sophora japonica</i> flower bud)	25 mg†
Betaine HCl	25 mg†
Apple Pectin	20 mg†
PABA (para-aminobenzoic acid)	15 mg†

**Percent Daily Values are based on a 2,000 calorie diet.

Amount Per Serving

Iodine (from kelp)	150 mcg 100%
Magnesium (as aminoate complex)	100 mg 24%
Zinc (as aminoate complex, picolinate)	15 mg 136%
Selenium (as aminoate complex)	25 mcg 45%
Copper (as aminoate complex)	0.5 mg 56%
Manganese (as aminoate complex)	4 mg 174%
Chromium (as aminoate complex)	20 mcg 57%
Molybdenum (as glycinate chelate)	11 mcg 24%
Potassium (as aminoate complex)	50 mg 1%

Red Lightning Proprietary Blend:

(30 whole foods) – beet, pomegranate (*Punica granatum* fruit), goji (*Lycium barbarum* berry), noni (*Morinda citrifolia* fruit), mangosteen (*Garcinia mangostana* fruit), açai (cabbage palm) (*Euterpe oleracea* berry), cranberry (*Vaccinium macrocarpon*), red raspberry, black raspberry, red grape, tomato, strawberry, black currant, red bell pepper, bilberry, blueberry (*Vaccinium corymbosum*), elderberry (*Sambucus nigra*), nopal cactus, carrot, green tea leaf, turmeric root and rhizome, fenugreek seed, apple, apricot, orange, peach, plum, pear, guava, pineapple, watermelon, mango, pea

Spirulina 500 mg†

Proprietary Anti-Aging Blend: MSM

(methylsulfonylmethane), NAC (N-acetyl-cysteine), turmeric (std. curcumin), grape (*Vitis vinifera*) seed extract (std. proanthocyanidins)

Essential Fatty Acid—Rich Whole Food 220 mg†

Energy Blend: black currant, sunflower seed, octadecanoic acid

Bromelain (from pineapple fruit) 12 mg†

(24 gelatin digesting units)

Hesperidin Complex (from *Citrus sinensis* whole fruit) 10 mg†

Chlorophyll (from Whole Food Blend/spirulina) 6 mg†

Amylase (from *Aspergillus oryzae* fermentation) 5 mg†

Lipase (from *Rhizopus oryzae* fermentation) 5 mg†

Carotenoids (from Whole Food Blend) 4 mg†

Lycopene 2.5 mg†

Lutein (active carotenoid from marigold flower extract)†† 1.5 mg†

Octacosanol 200 mcg†

†Daily Value not established.

Other ingredients: Multi Color Whole Food Lightning Proprietary Blend (cooked whole brown rice, fructooligo-saccharides [FOS], chlorella [*Chlorella vulgaris*] [broken cell], Icelandic kelp, tucaceae [*Ascophyllum nodosum*], laminaria brown algae [*Laminaria digitata*], Irish moss [*Chondrus crispus*], dulce [*Palmaria palmata*], red seaweed [*Lithothamnium calcareum*], spirulina algae [*Spirulina platensis*], bladderwrack [*Fucus vesiculosus*], hijiki [*Sargassum fusiforme*], wakame [*Ulva esculenta*], nori [*Porphyra yezoensis*], kombu [*Laminaria setchellii*], sunflower seed, apple, apricot, banana, cranberry, orange, peach, red raspberry, strawberry, tomato, beet greens, cabbage, onion, parsley, celery seed, papaya, red grape, broccoli, carrot, garlic, spinach leaf, pea, Chinese green tea [decaffeinated], turmeric, red wine grape, Korean ginseng, green coffee bean, thyme, olive fruit, cucumber, juniper berry, holy basil, rice bran, sage, konjac root fiber, date, potato, artichoke, horseradish, white tea, *Phaseolus vulgaris* bean, shiitake mushroom, parsnip, turnip, cauliflower, ginger, chia, chicory root, lemon, citrus pectin, bamboo, mango, grapefruit, apple cider vinegar, pear, honeydew melon, pineapple, yellow squash, gooseberry, kiwi, oregano leaf, pumpkin, fennel, annatto, clove, hops, rosemary, tangerine, lemongrass, marigold, blueberry, blackberry, elderberry [*Sambucus nigra*], lingonberry, plum, black cherry extract, purple fig, agave, passion fruit, kale, rhubarb, acerola, beet, hibiscus, carob, prune, pomegranate extract, wolfberry [goji], black currant, noni, mangosteen, açai [cabbage palm] [*Euterpe oleracea*], black raspberry, bilberry, nopal cactus, purple carrot, fenugreek, watercress, cinnamon, flax, guava, watermelon, microcrystalline cellulose, di-calcium phosphate, vegetable cellulose, *Echinacea angustifolia*, beet juice, magnesium oxide, stearic acid, zinc sulfate, magnesium stearate, potassium chloride, ferrous fumarate, manganese sulfate, silica, astragalus root, ligustrum berry, schisandra fruit, potassium iodide, organic tapioca maltodextrin, organic sunflower lecithin and organic guar gum. Mineral aminoates are whole brown rice chelates.

Free from artificial colors, preservatives and all of the major allergens identified in the U.S. Food Allergen Labeling and Consumer Protection Act.

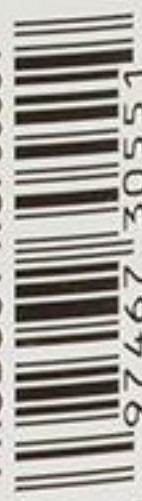
DIRECTIONS: As a dietary supplement, three tablets once daily.

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.

Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc.
makers of NaturesPlus
9500 New Horizons Blvd., Amityville
New York 11701, USA
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