

• ENERGY ON THE GO! •

NaturesPlus.

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

GLUTEN
Free

No Iron



Vegetarian • 90 Tablets

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	
Calories	10	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</i> spp. fruit & peel)	60 mg†
Vitamin A (as beta carotene) (10,000 IU)	3000 mcg RAE	(active flavanones, flavanols, flavones & related phenolic compounds)	
Vitamin C (as ascorbic acid)	1000 mg	Ginseng Root (Korean)	50 mg†
Vitamin D3 (as cholecalciferol from lichen)	25 mcg (1000 IU)	Inositol	30 mg†
Vitamin E (as d-alpha tocopheryl succinate)	134 mg (200 IU)	Quercetin (from <i>Dimorphandra mollis</i>)	30 mg†
Vitamin K2 (as menaquinone-4, menaquinone-7)	80 mcg	Papain (from papaya fruit)	25 mg†
Thiamin (vitamin B1) (as thiamine HCl)	25 mg	Rutin (from <i>Sophora japonica</i> flower bud)	25 mg†
Riboflavin (vitamin B2)	25 mg	Betaine HCl	20 mg†
Niacin (as niacinamide)	40 mg NE	Apple Pectin	15 mg†
Vitamin B6 (as pyridoxine HCl)	25 mg	PABA (para-aminobenzoic acid)	15 mg†
Folate (as calcium-L-5-methyltetrahydrofolate) (400 mcg L-methylfolate)	667 mcg DFE	Chlorophyll (from spirulina, mulberry leaf)	12 mg†
Vitamin B12 (as methylcobalamin)	1000 mcg	Bromelain (from pineapple fruit)	10 mg†
Biotin	100 mcg	(24 gelatin digesting units)	
Pantothenic Acid (as calcium pantothenate)	60 mg	Hesperidin Complex (from <i>Citrus sinensis</i> whole fruit)	5 mg†
Choline (as bitartrate)	30 mg	Amylase (from <i>Aspergillus oryzae</i> fermentation)	5 mg†
Calcium (as aminoate complex)	200 mg	Lipase (from <i>Rhizopus oryzae</i> fermentation)	4 mg†
Iodine (from kelp)	150 mcg	Carotenoids	200 mcg†
Magnesium (as aminoate complex)	100 mg		
Zinc (as aminoate complex, picolinate)	15 mg		
Selenium (as aminoate complex)	25 mcg		
Copper (as aminoate complex)	0.5 mg		
Manganese (as aminoate complex)	4 mg		
Chromium (as aminoate complex)	20 mcg		
Molybdenum (as aminoate complex)	38 mcg		
Potassium (as aminoate complex)	50 mg		

**Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value 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. Mineral aminoates are whole brown rice chelates.

Nutritional Support for Natural Energy
Production and Overall Well-Being.*

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.
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.

Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc.
makers of NaturesPlus

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