

Energy for the Life You Live!™

NaturesPlus® Source of Life Women

Multi-Vitamin and
Mineral Supplement
with Whole Food
Concentrates

with Calcium, Folate & Lutein

GLUTEN
Free

60 TABLETS

vegetarian

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 healthcare practitioner before using any herbal product.

Supplement Facts

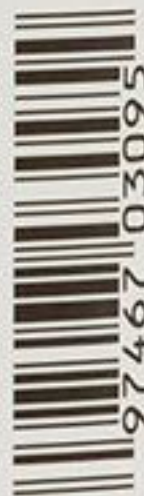
Serving Size 2 Tablets

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as beta carotene) 3000 mcg RAE (10,000 IU)	333%	Bromelain (from pineapple fruit) 40 mg †	
Vitamin C (as ascorbic acid) 500 mg	556%	(80 gelatin digesting units)	
Vitamin D3 (as vegan cholecalciferol) 2.5 mcg (100 IU)	13%	Novasoy® (soy extract) (stand. to 40% [16 mg] isoflavones)	40 mg †
Vitamin E (as d-alpha tocopheryl succinate) 67 mg (100 IU)	447%	Fem-Effect Complex 40 mg †	
Vitamin K (as phytonadione) 150 mcg	125%	Proprietary blend of Chasteberry (<i>Vitex agnus-castus</i> fruit) (stand. 0.5% [50 mcg] agnuside, 0.4% [40 mcg] aucubin); Damiana (leaves) Dong Quai (<i>Angelica sinensis</i> root); Black Cohosh (<i>Cimicifuga racemosa</i> root) (stand. 2.5% [0.25 mg] triterpene glycosides)	
Thiamin (vitamin B1) (as thiamine HCl) 50 mg	4167%	Inositol 30 mg †	
Riboflavin (vitamin B2) 50 mg	3846%	Bioflavonoid Complex (from <i>Citrus limon/ sinensis</i> whole fruit) (stand. to 48% [12 mg] flavanones and 2% [0.5 mg] flavanols, flavones and related phenolic compounds)	25 mg †
Niacin (as niacinamide) 50 mg NE	313%	Herbal Antioxidant Complex 15 mg †	
Vitamin B6 (as pyridoxine HCl) 50 mg	2941%	Proprietary blend of Turmeric (<i>Curcuma longa</i> rhizome) (stand. 95% [4.75 mg] curcumin); Bilberry (<i>Vaccinium myrtillus</i> extract) (stand. 25% [1.25 mg] anthocyanosides); Green Tea (<i>Camellia sinensis</i> leaf) (decaffeinated) (stand. 50% [2.5 mg] polyphenols)	
Folate (as calcium-L-5-methyltetrahydrofolate) (800 mcg L-methylfolate)	333%	Lipase (from <i>Rhizopus oryzae</i> fermentation) 10 mg †	
Vitamin B12 (as methylcobalamin) 200 mcg	8333%	Amylase (from <i>Aspergillus oryzae</i> fermentation) 5 mg †	
Biotin 300 mcg	1000%	Lactase (DairyMate®) 5 mg †	
Pantothenic Acid (as calcium pantothenate) 60 mg	1200%	Protease (from <i>Aspergillus oryzae</i> fermentation) 5 mg †	
Choline (as bitartrate) 30 mg	5%	Lutein† (active carotenoid from marigold flower extract) 2 mg †	
Calcium (as aminoate complex) 500 mg	38%	Boron (as citrate) 1 mg †	
Iron (as aminoate complex) 18 mg	100%		
Iodine (from kelp) 150 mcg	100%		
Magnesium (as aminoate complex) 250 mg	60%		
Zinc (as monomethionine**) 15 mg	136%		
Selenium (as aminoate complex) 100 mcg	182%		
Copper (as aminoate complex) 1 mg	111%		
Manganese (as aminoate complex) 2 mg	87%		
Chromium (as polynicotinate***) 120 mcg	343%		
Molybdenum (as aminoate complex) 50 mcg	111%		
Spirulina 250 mg †			
Ostivone® (ipriflavone) 50 mg †			

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

†Daily Value not established.

PRODUCT NO. 3095



Manufactured with LOVE by Natural Organics
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