

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

Free from artificial colors and preservatives.
IN A SPECIAL BASE WHICH PROVIDES FOR THE GRAD-
UAL RELEASE OF INGREDIENTS OVER A PROLONGED
PERIOD OF TIME.

DIRECTIONS: As a dietary supplement, one tablet 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.

*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.

PRODUCT NO. 3043



Now with
**Methylcobalamin
& Methylfolate**

Vegetarian Yeast Free

Natures Plus®

SUSTAINED RELEASE
Multi-Nutrient with Whole Foods

ULTRA II®

JUST ONE TABLET DAILY

Dietary Supplement

180 Tablets



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Vitamin A (as beta carotene)	25,000 IU	500%
Vitamin C (as ascorbic acid)	100 mg	167%
Vitamin D (as ergocalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Thiamin (vitamin B1) (as thiamine HCl)	100 mg	6667%
Riboflavin (vitamin B2)	100 mg	5882%
Niacin (as niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine HCl)	100 mg	5000%
Folate (as calcium-L-5-methyltetrahydrofolate)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as calcium pantothenate)	100 mg	1000%
Calcium (as amino acid chelate/complex)	40 mg	4%
Iron (as amino acid chelate/complex)	25 mg	139%
Iodine (from kelp, potassium iodide)	150 mcg	100%
Magnesium (as amino acid chelate/complex)	20 mg	5%
Zinc (as amino acid chelate/complex)	20 mg	133%
Selenium (as amino acid complex)	10 mcg	14%
Manganese (as amino acid chelate/complex)	6.1 mg	305%
Chromium (as amino acid chelate)	15 mcg	13%
Potassium (as amino acid complex)	15 mg	<1%

PABA (para-aminobenzoic acid)	100 mg	†
Inositol	100 mg	†
Choline (as bitartrate)	42 mg	†
Rutin (from <i>Sophora japonica</i> leaf)	25 mg	†
Bioflavonoid Complex (from <i>Citrus limon</i> exocarp)	25 mg	†
Betaine HCl	25 mg	†
Hesperidin Complex (from <i>Citrus limon</i> exocarp)	5 mg	†

†Daily Value (DV) not established.

Other ingredients: Stearic acid, di-calcium phosphate, potassium gluconate, zinc sulfate, calcium carbonate, manganese gluconate, ferrous fumarate, micro-crystalline cellulose, hydroxypropyl methylcellulose, magnesium oxide, silica, isolated soy protein, rice bran, rose hips, magnesium stearate, zinc gluconate, ferrous gluconate, parsley, alfalfa, green cabbage, acerola cherry, Norwegian kelp, chlorella, date, barley grass, spirulina, black currant seed, garlic, oat bran, apple pectin, broccoli, spinach, carrot, brown rice, sunflower oil, fig, beet greens, lecithin, wheat germ flour, bromelain (from pineapple fruit), papaya, watercress and pharmaceutical glaze.

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