

Recharge Your Life – Step Up To The Gold!

NaturesPlus®

Source of Life.



Tablets

The Ultimate Multi-Vitamin Supplement
with Concentrated Whole Foods

With Açai, Resveratrol, Vit. D3, Vit. K2,
CoQ10 and Over 120 Whole Foods!

GLUTEN
Free

Vegetarian • 90 TABLETS

DIRECTIONS: As a dietary supplement, three tablets once daily. Free from artificial colors, preservatives and all of the major allergens identified in the U.S. Food Allergen Labeling and Consumer Protection Act. **KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.**

Supplement Facts

Serving Size 3 Tablets

Amount Per Serving		% Daily Value
Calories	5	
Protein	1 g	2% **
Vitamin A (as beta carotene; from <i>Blakeslea trispora</i> , spirulina and <i>Dunaliella salina</i> ; potentiated by zeaxanthin, lutein, lycopene, xanthophylls)	4505 mcg RAE (15,000 IU)	501%
Vitamin C (as ascorbic acid; esterified C [ascorbic acid]; Organic Gold Standard†)	1010 mg	1122%
Vitamin D3 (as cholecalciferol from lichen)	25 mcg (1000 IU)	125%
Vitamin E (as d-alpha tocopheryl succinate)	167 mg (250 IU)	1113%
Vitamin K2 (as menaquinone-4, menaquinone-7)	100 mcg	83%
Thiamin (as thiamine HCl; Organic Gold Standard†)	30 mg	2500%
Riboflavin (as riboflavin; Organic Gold Standard†)	30 mg	2308%
Niacin (as niacinamide; Organic Gold Standard†)	125 mg NE	781%
Vitamin B6 (as pyridoxine HCl; Organic Gold Standard†)	30 mg	1765%
Folate (as calcium-L-5-methyltetrahydrofolate; Organic Gold Standard†)	708 mcg DFE (425 mcg L-methylfolate)	177%
Vitamin B12 (as methylcobalamin)	1000 mcg	41,667%
Biotin	300 mcg	1000%
Pantothenic Acid (as calcium pantothenate; Organic Gold Standard†)	125 mg	2500%
Choline (as bitartrate)	30 mg	5%
Calcium (as citrate, organic chelates from <i>Spirulina platensis</i> , di-calcium phosphate and from whole foods)	250 mg	19%
Iodine (from kelp, potassium iodide)	150 mcg	100%
Magnesium (as aminoate*** complex)	125 mg	30%
Zinc (as aminoate*** complex, picolinate)	15 mg	136%
Selenium (as aminoate*** complex)	70 mcg	127%
Copper (chlorophyllin; as aminoate*** complex)	4.5 mg	500%
Manganese (as aminoate*** complex)	4 mg	174%
Chromium (as aminoate*** complex)	120 mcg	343%
Potassium (as aminoate*** complex; spirulina)	60 mg	1%

Whole Food PhytoAlgae & Organic Mushroom Blend†† 800 mg†
Proprietary complex of *fucaea* (*Ascophyllum nodosum*), laminaria brown algae (*Laminaria digitata*), Irish moss (*Chondrus crispus*), dulse (*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*); mushrooms: wood ear, Cordysim™ (*Bionectria ochroleuca*), maitake, shiitake, oyster mushroom, lion's mane, chlorophyll (from spirulina and copper chlorophyllin) from concentrate

** Percent Daily Values are based on a 2,000 calorie diet. †Daily Value not established. ‡See Multi Color Whole Food Blend. ****Whole brown rice chelate. ††For details, visit www.naturesplus.com.

Multi Color Whole Food Blend††	725 mg†
##Organic Gold Standard Whole Food Complex (70 mg) – Guava (<i>Psidium guajava</i>), holy basil (<i>Ocimum tenuiflorum</i>), lemon, amla (<i>Emblica officinalis</i>) fruit (standardized naturally occurring B complex and vitamin C)	510 mg†
Amino Acids (from spirulina, Whole Food PhytoAlgae, chia and mineral aminoates)	200 mg†
Whole Food Omega Fatty Acid and Prebiotic Fiber Blend – supplying 85 mg of Omega-3, -9, and other healthful fatty acids (from chia, spirulina, sunflower seed, black currant, borage and flax)	100 mg†
Enzyme Blend: Bromelain (from pineapple fruit) (80 pepsin digesting units), amylase, lipase, papain (from papaya fruit), betaine HCl, lactase, protease, cellulase, Acti-Zyme® (cellulase, pectinase, hemicellulase and xylanase)	50 mg†
Anti-Aging Blend: Alpha-lipoic acid, R-lipoic acid, MSM (methylsulfonylmethane), glutathione, NAC (N-acetyl-cysteine), turmeric (std. curcumin), grape (<i>Vitis vinifera</i>) seed extract (std. proanthocyanidins)	50 mg†
Trans-Resveratrol (from standardized extracts of <i>Polygonum cuspidatum</i> root, grape seed [<i>Vitis vinifera</i>], red wine concentrate [alcohol free] [<i>Vitis vinifera</i> fruit])	50 mg†
Coenzyme Q10 (pharmaceutical grade)	50 mg†
Inositol	50 mg†
Bioflavonoid Complex (from Citrus spp.) (active 48% [14.4 mg] flavanones and 2% [0.6 mg] flavanols, flavones and related phenolic compounds)	30 mg†
Whole Food Fiber Complex: Apple pectin, arabinogalactan, modified citrus pectin, soluble vegetable oligosaccharides, flax Korean Ginseng Root (<i>Panax ginseng</i>)	25 mg†
PABA (para-aminobenzoic acid)	25 mg†
Quercetin (from <i>Diospyros mollis</i>)	10 mg†
Trace Mineral Complex (soluble prehistoric plant-based minerals)	10 mg†
Chlorophyll (from spirulina)	7.5 mg†
Rutin (from Sophora (<i>Sophora japonica</i>) flower bud)	5 mg†
Hesperidin Complex (from Citrus sinensis whole fruit)	5 mg†
Carotenoids (from whole foods)	4 mg†
Lutein (active carotenoid from marigold flower extract)	3 mg†
Lycopene	2.5 mg†
Full Spectrum Probiotic Blend (28 million viable cells at time of manufacture) – supplying <i>Lactobacillus acidophilus</i> , FOS (<i>Fructooligosaccharides</i>), <i>L. plantarum</i> , <i>L. casei</i> , <i>L. bulgaricus</i> , <i>L. brevis</i> , <i>L. rhamnosus</i> , <i>L. lactis</i> , <i>Bifidobacterium lactis</i> , <i>B. bifidum</i> , <i>L. sporogenes</i> (<i>B. coagulans</i>), <i>Streptococcus thermophilus</i>	1 mg†
Boron (as citrate)	200 mcg†
Octacosanol	200 mcg†

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Natural Organics

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