

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.

Mineral aminoates are whole brown rice chelates.

DIRECTIONS: As a dietary supplement, chew two wafers 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.

*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**

9500 New Horizons Blvd., Amityville, New York 11701, USA
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PRODUCT NO. 3086



• **ENERGY ON THE GO!** •

NaturesPlus.

Source of Life

**Guaranteed
Burst of Energy!**

ADULT'S CHEWABLE

Multi-Vitamin & Mineral Supplement

WITH WHOLE FOOD CONCENTRATES



Delicious Apple Cinnamon Flavor
Vegetarian • 90 Wafers

Supplement Facts

Serving Size 2 Wafers
Servings Per Container 45

	Amount Per Serving	% Daily Value
Calories	40	
Total Carbohydrate	10 g	4%**
Total Sugars	9 g	
Includes 8.7g Added Sugars		17%
Vitamin A (as beta carotene)	1500 mcg RAE (5000 IU)	167%
Vitamin C (as ascorbic acid)	300 mg	333%
Vitamin D3 (as cholecalciferol)	25 mcg (1000 IU)	125%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg (100 IU)	447%
Vitamin K2 (as menaquinone-4, menaquinone-7)	80 mcg	67%
Thiamin (vitamin B1) (as thiamine HCl)	25 mg	2083%
Riboflavin (vitamin B2)	25 mg	1923%
Niacin (as niacinamide)	25 mg NE	156%
Vitamin B6 (as pyridoxine HCl)	25 mg	1471%
Folate (as calcium-L-5-methyltetrahydrofolate)	667 mcg DFE (400 mcg L-methylfolate)	167%
Vitamin B12 (as methylcobalamin)	1000 mcg	41,667%
Biotin	100 mcg	333%
Pantothenic Acid (as calcium pantothenate)	25 mg	500%
Choline (as bitartrate)	15 mg	3%
Calcium (as aminoate complex)	100 mg	8%
Iron (as aminoate complex)	4.5 mg	25%
Iodine (from kelp)	150 mcg	100%
Magnesium (as aminoate complex)	50 mg	12%
Zinc (as aminoate complex)	10 mg	91%
Selenium (as aminoate complex)	20 mcg	36%
Copper (as aminoate complex)	1 mg	111%
Manganese (as aminoate complex)	5 mg	217%
Chromium (as picolinate)	25 mcg	71%
Molybdenum (as aminoate complex)	37.5 mcg	83%
Potassium (as aminoate complex)	10 mg	<1%
Nutrient Base (spirulina, ginseng [Panax ginseng root], octacosanol)	350 mg	†
Enzyme Complex (bromelain [from pineapple fruit], papain [from papaya fruit], betaine HCl, apple pectin, amylase [from Aspergillus oryzae fermentation], lipase [from Rhizopus oryzae fermentation])	50 mg	†
Lipid Complex (black currant fruit, sunflower seed oil)	25 mg	†
Inositol	25 mg	†
Bioflavonoid Complex (standardized to [9.6 mg] flavanones, [0.4 mg] flavanols, flavones and related phenolic compounds, hesperidin [from Citrus spp. whole fruit], quercetin and rutin [from Dimorphanthera mollis and Sophora japonica])	20 mg	†
PABA (para-aminobenzoic acid)	5 mg	†
Plant Pigment Complex (chlorophyll [from spirulina], carotenoids)	4 mg	†

**Percent Daily Values are based on a 2,000 calorie diet. †Daily Value not established.

Other ingredients: Fructose, stearic acid, guar gum, calcium carbonate, natural flavors, natural apple flavor, natural cinnamon flavor, magnesium oxide, natural color (curcumin), silica, magnesium stearate, microcrystalline cellulose, astragalus root, ligustrum berry, schisandra fruit, Echinacea angustifolia root, Irish moss (Chondrus crispus), thyme leaf, rice bran, potassium iodide, natural vanilla flavor.