

DIRECTIONS: One tablet daily.

Multivitamins are a combination of many different vitamins and minerals normally found in foods and other natural sources. All our vital organs and systems, including the immune system, heart, lungs, muscles and brain, require vitamins and minerals. Multivitamins are used to help supplement the nutrients that we do not get enough of, or are not able to obtain, through our normal diet to promote overall health.*

Free from artificial colors and artificial preservatives. Free from the allergens milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and sesame.

 **VEGAN**  **GLUTEN FREE**

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.

*These statements have 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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PRODUCT NO. 3087



NaturesPlus®

ADULT'S CHEWABLE

Multivitamin & Mineral

Pineapple Flavor
with other natural flavors



90 Tablets | DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	%Daily Value
Calories.....	10
Total Carbohydrate.....	3 g 1%**
Total Sugars.....	2 g †
Includes 1.6g Added Sugars.....	3%
Vitamin A (as beta carotene).....	1500 mcg RAE (5000 IU) 167%
Vitamin C (as ascorbic acid, sodium ascorbate).....	150 mg 167%
Vitamin D3 (as vegan cholecalciferol).....	10 mcg (400 IU) 50%
Vitamin E (as d-alpha tocopheryl acetate).....	67 mg (100 IU) 447%
Thiamin (vitamin B1) (as thiamine HCl).....	15 mg 1250%
Riboflavin (vitamin B2).....	15 mg 1154%
Niacin (as niacinamide).....	25 mg NE 156%
Vitamin B6 (as pyridoxine HCl).....	15 mg 882%
Folate (as calcium-L-5-methyltetrahydrofolate).....	167 mcg DFE 42%
(100 mcg L-methylfolate)	
Vitamin B12 (as methylcobalamin).....	15 mcg 625%
Biotin.....	20 mcg 67%
Pantothenic Acid (as calcium pantothenate).....	20 mg 400%
Choline (as bitartrate).....	28 mg 5%
Iron (as gluconate, ferrous fumarate).....	5 mg 28%
Iodine (as potassium iodide).....	100 mcg 67%
Zinc (as gluconate, oxide).....	0.325 mg 3%
Copper (as gluconate).....	0.05 mg 6%
Lecithin (from soy).....	25 mg †
Hesperidin Complex (from <i>Citrus sinensis</i> whole fruit).....	5 mg †
Betaine HCl.....	5 mg †
Rutin (from <i>Sophora japonica</i> flower bud).....	2.5 mg †
Bioflavonoid Complex (from whole <i>Citrus limon/sinensis</i>).....	2.5 mg †
PABA (para-aminobenzoic acid).....	2.5 mg †
Inositol.....	2.5 mg †

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

Other ingredients: Natural sweeteners (non-GMO cane sugar, fructose), vegetable cellulose, silica, natural flavors, magnesium stearate, curcumin, rice bran and rose hips (*Rosa canina* fruit).