

Energy for the Life You Live!™

NaturesPlus.

IRON-FREE

Source of Life®

men

Multi-Vitamin and Mineral Supplement with Whole Food Concentrates

with Saw Palmetto, Lycopene & Lutein

120 TABLETS

GLUTEN Free

Vegetarian

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 60

Amount Per Serving	% Daily Value	Amount Per Serving
Vitamin A (as beta carotene) 3000 mcg RAE (10,000 IU)	333%	Saw Palmetto Berry (<i>Serenoa repens</i>) 60 mg†
Vitamin C (as ascorbic acid) 500 mg	556%	(stand. 45% [27 mg] free fatty acids)
Vitamin D3 2.5 mcg (100 IU)	13%	Inositol 30 mg†
(as vegan cholecalciferol)		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†
Vitamin E 134 mg (200 IU)	893%	Herbal Antioxidant Complex 15 mg†
(as D-alpha tocopheryl succinate)		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) 12 mg†
Vitamin K (as phytonadione) 150 mcg	125%	Bromelain (from pineapple fruit) (24 gelatin digesting units) 10 mg†
Thiamin (vitamin B1) (as thiamine HCl) 75 mg	6250%	Rhodiola (<i>Rhodiola rosea</i> root) 10 mg†
Riboflavin (vitamin B2) 75 mg	5769%	Alpha Lipoic Acid 10 mg†
Niacin (as niacinamide) 75 mg NE	469%	Pumpkin Seed (<i>Cucurbita pepo</i>) 10 mg†
Vitamin B6 (as pyridoxine HCl) 75 mg	4412%	L-Glycine (free form amino acid) 10 mg†
Folate (as calcium-L-5-methyltetrahydrofolate) (400 mcg L-methylfolate)	167%	L-Alanine (free form amino acid) 10 mg†
Vitamin B12 (as methylcobalamin) 200 mcg	8333%	L-Glutamine (free form amino acid) 5 mg†
Biotin 300 mcg	1000%	Amylase (from <i>Aspergillus oryzae</i> fermentation) 5 mg†
Pantothenic Acid (as calcium pantothenate) 60 mg	1200%	Lipase (from <i>Aspergillus niger</i> fermentation) 5 mg†
Choline (as bitartrate) 30 mg	5%	Lactase (DairyMate®) 5 mg†
Calcium (as aminoate complex) 250 mg	19%	Protease (from <i>Aspergillus niger</i> fermentation) 2 mg†
Iodine (from kelp) 150 mcg	100%	Lutein‡ (active carotenoid from marigold flower extract) 1 mg†
Magnesium (as aminoate complex) 125 mg	30%	
Zinc (as monomethionine*) 30 mg	273%	
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	†	

†Daily Value not established.
Other ingredients: Calcium carbonate, microcrystalline cellulose, magnesium oxide, vegetable cellulose, stearic acid, silica, magnesium stearate, astragalus root, Irish moss (*Chondrus crispus*), thyme leaf, ligustrum berry, schisandra fruit, potassium iodide, brown rice and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.

Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc., makers of NaturesPlus
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DIRECTIONS: As a dietary supplement for men only, two tablets once daily.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

KEEP OUT OF REACH OF CHILDREN.

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CHROME MATE®

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FloraGLO®
LUTEIN

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PRODUCT NO. 30930



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