

ENERGY ON THE GO!

Natures Plus®

Source of Life®

Multi-Vitamin & Mineral Supplement

WITH WHOLE FOOD CONCENTRATES • FAST ACTING

Capsules

GLUTEN Free



Hypo-Allergenic • 90 Vegetarian CAPSULES

Supplement Facts

Serving Size 9 Capsules

Servings Per Container 10

Amount Per Serving	%DV	Amount Per Serving	
Calories.....	25	Spirulina.....	1000 mg†
Total Carbohydrate.....	4 g	Essential Fatty Acid—Rich Whole Food ..	220 mg†
Dietary Fiber.....	2 g	Energy and Prebiotic Fiber Blend: Black	
Protein.....	1 g	Currant, Sunflower Seed, Octadecanoic Acid	
Vitamin A (as beta carotene).....	10,000 IU	Bioflavonoid Complex (from Citrus spp.)	60 mg†
Vitamin C (as ascorbic acid).....	1000 mg	(active flavanols, flavanones,	
Vitamin D3 (as cholecalciferol).....	1000 IU	flavones and related phenolic compounds)	
Vitamin E (as d-alpha-tocopheryl succinate).....	200 IU	Ginseng Root (Korean).....	50 mg†
Vitamin K2 (as menaquinone-4, ...	80 mcg	Choline (as bitartrate).....	30 mg†
menaquinone-7)		Inositol.....	30 mg†
Thiamin (as thiamine HCl).....	25 mg	Quercetin (from Dimorphandra mollis) ..	30 mg†
Riboflavin (vitamin B2).....	25 mg	Papain (from papaya fruit).....	30 mg†
Niacin (as niacinamide).....	40 mg	Rutin (from Sophora japonica leaf)	25 mg†
Vitamin B6 (as pyridoxine HCl).....	25 mg	Betaine HCl.....	20 mg†
Folate (as calcium-L-5-methyltetrahydrofolate).....	400 mcg	Apple Pectin.....	17 mg†
Vitamin B12 (as methylcobalamin).....	1000 mcg	Chlorophyll (from spirulina, mulberry leaf)	15 mg†
Biotin.....	100 mcg	PABA (para-aminobenzoic acid).....	12 mg†
Pantothenic Acid (as calcium pantothenate).....	60 mg	Bromelain (from pineapple fruit)	
Calcium (as aminoate complex).....	200 mg	(24 gelatin digesting units)	
Iron (as aminoate complex, ascorbate).....	18 mg	Hesperidin (from Citrus limon exocarp) ..	10 mg†
Iodine (from kelp).....	150 mcg	Amylase (from Aspergillus oryzae	5 mg†
Magnesium (as aminoate complex).....	100 mg	fermentation)	
Zinc (as aminoate complex, picolinate).....	15 mg	Lipase (from Rhizopus oryzae	5 mg†
Selenium (as aminoate complex).....	25 mcg	fermentation)	
Copper (as aminoate complex).....	0.5 mg	Carotenoids.....	4 mg†
Manganese (as aminoate complex).....	4 mg	Octacosanol.....	200 mcg†
Chromium (as aminoate complex).....	20 mcg		
Molybdenum (as aminoate complex).....	37.5 mcg		
Potassium (as aminoate complex).....	50 mg		

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

Other ingredients: Microcrystalline cellulose, calcium carbonate, magnesium oxide, magnesium stearate, potassium chloride, potassium iodide, schisandra fruit, astragalus root, Echinacea angustifolia root, Irish moss (Chondrus crispus), thyme leaf, ligustrum berry, rice bran, vegetable cellulose and purified water. Mineral aminoates are whole brown rice chelates.

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

Free from artificial colors, preservatives, yeast, wheat, soy and milk.

DIRECTIONS: As a dietary supplement, nine capsules 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.

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