

ENERGY ON THE GO!

Natures Plus.

Source of Life[®]

Multi-Vitamin & Mineral Supplement
WITH WHOLE FOOD CONCENTRATES • FAST ACTING

GLUTEN
Free

Capsules



Hypo-Allergenic • 180 Vegetarian CAPSULES

Supplement Facts

Serving Size 9 Capsules

Servings Per Container 20

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

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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PRODUCT NO. 30593



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.