

**Nutritional Support for
Overall Well-Being.***

Free from artificial colors and preservatives. Free from the common allergens wheat, soy and milk.

DIRECTIONS: As a dietary supplement, two tablets once daily.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

*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.

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.

Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc.
makers of **Nature's Plus**

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PRODUCT NO. 3092



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Now with
Methylcobalamin
& Methylfolate

Vegetarian Hypo-Allergenic

Natures Plus. **GLUTEN Free**

Source of Life Prenatal



**Multi-Vitamin & Mineral Supplement
with Whole Food Concentrates**

180 TABLETS

Supplement Facts

Serving Size 2 Tablets, Servings Per Container 90

	Amount Per Serving	%DV**
Vitamin A (as beta carotene)	10,000 IU	125%
Vitamin C (as ascorbic acid)	150 mg	250%
Vitamin D (as ergocalciferol)	100 IU	25%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Thiamin (vitamin B1) (as thiamine HCl)	10 mg	588%
Riboflavin (vitamin B2)	10 mg	500%
Niacin (as niacinamide)	40 mg	200%
Vitamin B6 (as pyridoxine HCl)	5 mg	200%
Folate (as calcium-L-5-methyltetrahydrofolate)	800 mcg	100%
Vitamin B12 (as methylcobalamin)	40 mcg	500%
Biotin	800 mcg	267%
Pantothenic Acid (as calcium pantothenate)	25 mg	250%
Calcium (as amino acid chelate/complex)	400 mg	31%
Iron (as amino acid chelate/complex)	18 mg	100%
Phosphorus (as amino acid complex)	200 mg	15%
Iodine (from kelp)	150 mcg	100%
Magnesium (as amino acid chelate/complex)	200 mg	44%
Zinc (as amino acid chelate/complex)	15 mg	100%
Manganese (as amino acid chelate/complex)	6 mg	300%
Potassium (as amino acid complex)	10 mg	<1%
Bromelain (enzyme from pineapple fruit)	50 mg	†
Choline (as bitartrate)	5 mg	†
Inositol	5 mg	†
PABA (para-aminobenzoic acid)	5 mg	†
Probiotic Blend (<i>Lactobacillus acidophilus</i> , 100 million cells† <i>Bifidobacterium bifidus</i> , and <i>B. longum</i>)		†

**Daily Value (DV) for pregnant or lactating women.

†Daily Value not established. ‡At time of manufacture.

Other ingredients: Di-calcium phosphate, calcium carbonate, microcrystalline cellulose, magnesium oxide, vegetable cellulose, stearic acid, ferrous fumarate, magnesium stearate, silica, brown rice, banana, apricot, apple, broccoli, beet juice, collard greens, parsnips, green zucchini, turnip greens, peach, kale, tomato, spinach, potassium iodide and pharmaceutical glaze.