

DIRECTIONS: One capsule daily with a meal.

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 all of the major allergens identified in the U.S. Food Allergen Labeling and Consumer Protection Act.

V VEGAN **GF** GLUTEN FREE

**KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.**

***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**
9500 New Horizons Blvd., Amityville, New York 11701, USA
©NATURAL ORGANICS® naturesplus.com

PRODUCT NO. 30091



NaturesPlus®

IRON FREE
ULTRA ONE®
DAILY

Multivitamin & Mineral
with Beta Carotene



90 Capsules | DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Vitamin A (100% from beta carotene) ... 3000 mcg RAE (10,000 IU) ...	333%
Vitamin C (as ascorbic acid) ...	150 mg ... 167%
Vitamin D (as vegan cholecalciferol) ... 10 mcg (400 IU) ...	50%
Vitamin E (as d-alpha tocopheryl succinate) ... 67 mg (100 IU) ...	447%
Thiamin (vitamin B1) (as thiamine mononitrate) ...	25 mg ... 2083%
Riboflavin (vitamin B2) ...	25 mg ... 1923%
Niacin (as niacinamide) ... 100 mg NE ...	625%
Vitamin B6 (as pyridoxine HCl) ...	25 mg ... 1471%
Folate (as calcium-L-5-methyltetrahydrofolate) (400 mcg L-methylfolate)	667 mcg DFE ... 167%
Vitamin B12 (as methylcobalamin) ...	100 mcg ... 4167%
Biotin ...	300 mcg ... 1000%
Pantothenic Acid (as d-calcium pantothenate) ...	50 mg ... 1000%
Choline (as bitartrate) ...	10.5 mg ... 2%
Calcium (as carbonate, citrate) ...	25 mg ... 2%
Iodine (as potassium iodide) ...	150 mcg ... 100%
Magnesium (as oxide, aspartate) ...	7.2 mg ... 2%
Zinc (as picolinate, oxide) ...	15 mg ... 136%
Selenium (as selenomethionine, sodium selenite) ..	200 mcg ... 364%
Copper (as gluconate) ...	2 mg ... 222%
Manganese (as gluconate, sulfate) ...	5 mg ... 217%
Chromium (as picolinate, chloride) ...	200 mcg ... 571%
Molybdenum (as sodium molybdate) ...	150 mcg ... 333%
PABA (para-aminobenzoic acid) ...	25 mg ... †
Inositol ...	25 mg ... †

† Daily Value not established.

Other ingredients: Vegetable cellulose, magnesium stearate, potassium citrate, silica and purified water.