

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

Free from synthetic: colors, preservatives. Free from milk, eggs, tree nuts, peanuts, wheat, soy and sesame.

Mineral aminoates are whole brown rice chelates.

DIRECTIONS: As a dietary supplement, chew two wafers 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.

*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, Inc., makers of **NaturesPlus**
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PRODUCT NO. 3086



• ENERGY ON THE GO! •

NaturesPlus.

Source of Life®

Guaranteed
Burst of Energy®

ADULT'S CHEWABLE
Multi-Vitamin & Mineral Supplement
WITH WHOLE FOOD CONCENTRATES



Delicious Apple Cinnamon
flavored with other natural flavors
Vegetarian • 90 Wafers

Supplement Facts

Serving Size 2 Wafers
Servings Per Container 45

	Amount Per Serving	% Daily Value
Calories	40	
Total Carbohydrate	10 g	4%**
Total Sugars	9 g	
Includes 8.7g Added Sugars		17%
Vitamin A (as beta carotene)	1500 mcg RAE (5000 IU)	167%
Vitamin C (as ascorbic acid)	300 mg	333%
Vitamin D (as cholecalciferol [D3])	25 mcg (1000 IU)	125%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg (100 IU)	447%
Vitamin K (as menaquinone-4, menaquinone-7 [K2])	80 mcg	67%
Thiamin (vitamin B1) (as thiamine HCl)	25 mg	2083%
Riboflavin (vitamin B2)	25 mg	1923%
Niacin (as niacinamide)	25 mg NE	156%
Vitamin B6 (as pyridoxine HCl)	25 mg	1471%
Folate (as calcium-L-5-methyltetrahydrofolate)	667 mcg DFE (400 mcg L-methylfolate)	167%
Vitamin B12 (as methylcobalamin)	1000 mcg	41,667%
Biotin	100 mcg	333%
Pantothenic Acid (as calcium pantothenate)	25 mg	500%
Choline (as bitartrate)	15 mg	3%
Calcium (as aminoate complex)	100 mg	8%
Iron (as aminoate complex)	4.5 mg	25%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (as aminoate complex)	50 mg	12%
Zinc (as aminoate complex)	10 mg	91%
Selenium (as aminoate complex)	20 mcg	36%
Copper (as aminoate complex)	1 mg	111%
Manganese (as aminoate complex)	5 mg	217%
Chromium (as picolinate)	25 mcg	71%
Molybdenum (as aminoate complex)	37.5 mcg	83%
Nutrient Base (spirulina, ginseng [Panax ginseng root], octacosanol)	350 mg	†
Enzyme Complex (bromelain [from pineapple fruit], pepsin [from papaya fruit], betaine HCl, apple pectin, amylase [from Aspergillus oryzae fermentation], lipase [from Aspergillus niger fermentation])	50 mg	†
Lipid Complex (black currant fruit, sunflower seed oil)	25 mg	†
Inositol	25 mg	†
Bioflavonoid Complex: Citrus sinensis whole fruit standardized ... hesperidin (6 mg), bioflavonoids (6 mg), rutin (from Sophora japonica), quercetin (from Dimorphandra mollis); naturally occurring flavanones, flavanols, flavones and related phenolic compounds	20 mg	†
PABA (para-aminobenzoic acid)	5 mg	†
Plant Pigment Complex (chlorophyll [from spirulina], carotenoids)	4 mg	†

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

Other ingredients: Natural sweeteners (non-GMO cane sugar, fructose), stearic acid, natural flavors, guar gum, calcium carbonate, magnesium oxide, natural color (curcumin), silica, magnesium stearate, cinnamon, microcrystalline cellulose, rice bran, potassium aminoate, astragalus root, ligustrum berry, schisandra fruit, Echinacea angustifolia root, Irish moss (Chondrus crispus), thyme leaf, kelp.