

NaturesPlus®



REGENERATION®

MULTI-VITAMIN & MINERAL SUPPLEMENT
WITH BOTANICAL EXTRACTS
AND ANTIOXIDANTS

90 SOFTGELS



DIRECTIONS: As a dietary supplement, three softgels once daily with a meal.
KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.
Free from synthetic: colors, preservatives. Free from milk, egg, fish, tree nuts, peanut, wheat, soy and sesame.

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 30

Amount Per Serving	%Daily Value
Calories	20
Calories from Fat	15
Total Fat	1.5 g 2%**
Vitamin A (as beta carotene)	7508 mcg RAE (25,000 IU) 834%
Vitamin C (as ascorbic acid)	200 mg 222%
Vitamin D (as ergocalciferol)	10 mcg (400 IU) 50%
Vitamin E (as d-alpha tocopheryl acetate)	134 mg (200 IU) 893%
Thiamin (vitamin B1) (as thiamine HCl)	50 mg 4167%
Riboflavin (vitamin B2)	50 mg 3846%
Niacin (as niacinamide)	50 mg NE 313%
Vitamin B6 (as pyridoxine HCl)	50 mg 2941%
Folate (as folic acid)	667 mcg DFE (400 mcg folic acid) 167%
Vitamin B12 (as cyanocobalamin)	100 mcg 4167%
Biotin	300 mcg 1000%
Pantothenic Acid (as calcium pantothenate)	100 mg 2000%
Choline (as bitartrate)	50 mg 9%
Calcium (as citrate, amino acid chelate)	100 mg 8%
Iron (as amino acid chelate)	4.5 mg 25%
Iodine (from kelp)	150 mcg 100%
Magnesium (as amino acid chelate/complex)	50 mg 12%
Zinc (as amino acid chelate)	15 mg 136%
Selenium (as selenomethionine, amino acid chelate)	20 mcg 36%
Copper (as glycinate)	1 mg 111%
Manganese (as amino acid chelate)	5 mg 217%
Chromium (as polynicotinate†)	50 mcg 143%
Molybdenum (as amino acid complex)	20 mcg 44%

**Percent Daily Values are based on a 2,000 calorie diet.

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.

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Manufactured with LOVE ♥ for
NaturesPlus

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Melville, NY 11747, USA
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PEEL HERE

ChromeMate®

† ChromeMate® is a Lonza trademark, registered in USA.
Oxygen-coordinated, niacin-bound chromium complex.

PRODUCT NO. 3285



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

Regeneration, an innovative advancement in multiple vitamin and mineral formulation, is a three-tier revitalizing pyramid. Just three power-packed soft gelatin capsules provide a daily nutritional program, complete with a precisely engineered profile of nutrients and highly specialized botanical extracts.

Tier I replenishes the body's nutrient stores with a high-energy profile of twenty-three vitamins and minerals, including mega-potencies of beta carotene and vitamin E. These essential factors are vital for the liberation of energy from foods and the formation of structural components within the body.*

Tier II assists in the natural cleansing process. As toxins build up within the body, cellular function is compromised, resulting in low energy and poor health. Select botanical extracts and other healthful nutrients support the natural cleansing and rejuvenation process.*

Tier III helps support the body's natural defenses. The healthy effects of antioxidants are well documented throughout scientific literature. Botanical extracts such as standardized ginkgo biloba, wild grape seed extract and green tea are believed to be among the most powerful, natural antioxidants ever discovered.*

Regeneration, a three-tier revitalizing pyramid, is an unparalleled multiple vitamin and mineral formulation for cellular replenishment, cleansing and protection.*

*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.

Amount Per Serving	
Milk Thistle Seed (<i>Silybum marianum</i>) (standardized 80% [60 mg] silymarin) ...	75 mg†
Juniper Berry (<i>Juniperus communis</i>)	50 mg†
Celery Seed 4x (<i>Apium graveolens</i>)	50 mg†
Cayenne Fruit (<i>Capsicum frutescens</i>)	50 mg†
Echinacea Root (<i>Echinacea purpurea</i>)	50 mg†
Bioflavonoids (from <i>Citrus limon</i> whole fruit)	50 mg†
Inositol	50 mg†
Borage Seed Oil (<i>Borago officinalis</i>)	31.5 mg†
(standardized 20% [6.3 mg] gamma linolenic acid)	
Glucosamine Sulfate (aminomonosaccharide)	30 mg†
(from bovine cartilage or crustacean shell)	
Parsley Leaf (<i>Petroselinum crispum</i>)	27 mg†
Green Tea Leaf Extract (<i>Camellia sinensis</i>)	25 mg†
(standardized 40% [10 mg] polyphenols)	
Ginkgo Biloba Leaf (standardized 24% [2.4 mg] ginkgo-flavone glycosides, 6% [0.6 mg] terpene lactones)	10 mg†
Korean Ginseng (<i>Panax ginseng</i>) (aerial parts)	6.25 mg†
(standardized 80% [5 mg] ginsenosides)	
Bilberry Fruit (<i>Vaccinium myrtillus</i>) (standardized 25% [1.3 mg] anthocyanosides) ...	5 mg†
Grape Seed Extract (<i>Vitis vinifera</i>) (standardized 95% [4.75 mg] polyphenols) ...	5 mg†
Oleoresin Turmeric Rhizome (<i>Curcuma longa</i>)	5 mg†
(standardized 90%–95% [4.5 mg–4.8 mg] curcumin)	
Vanadium (as vanadyl sulfate)	1 mg†

†Daily Value not established.

Other ingredients: Safflower seed oil, gelatin, glycerin, potassium glycerophosphate, magnesium oxide, purified water, beeswax, sunflower lecithin, natural color (caramel, annatto), sunflower seed oil. All minerals are whole brown rice amino acid chelates.