

Energy for the Life You Live!™

NaturesPlus.

IRON-FREE

Source of Life
men

Multi-Vitamin and
Mineral Supplement
with Whole Food
Concentrates

with Saw Palmetto, Lycopene & Lutein

GLUTEN
Free

60 TABLETS

Vegetarian

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

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	3000 mcg RAE (10,000 IU) 334%
Vitamin C (as ascorbic acid)	500 mg 556%
Vitamin D3 (as cholecalciferol from lichen)	2.5 mcg (100 IU) 13%
Vitamin E (as d-alpha tocopheryl succinate)	134 mg (200 IU) 893%
Vitamin K (as phytonadione)	150 mcg 125%
Thiamin (vitamin B1) (as thiamine HCl)	75 mg 6250%
Riboflavin (vitamin B2)	75 mg 5769%
Niacin (as niacinamide)	75 mg NE 469%
Vitamin B6 (as pyridoxine HCl)	75 mg 4412%
Folate (as calcium-L-5-methyltetrahydrofolate)	667 mcg DFE (400 mcg L-methylfolate) 167%
Vitamin B12 (as methylcobalamin)	200 mcg 8333%
Biotin	300 mcg 1000%
Pantothenic Acid (as calcium pantothenate)	60 mg 1200%
Choline (as bitartrate)	30 mg 5%
Calcium (as aminoate complex)	250 mg 19%
Iodine (from kelp)	150 mcg 100%
Magnesium (as aminoate complex)	125 mg 30%
Zinc (as monomethionine**)	30 mg 273%
Selenium (as aminoate complex)	100 mcg 182%
Copper (as aminoate complex)	1 mg 111%
Manganese (as aminoate complex)	2 mg 87%
Chromium (as polynicotinate**)	120 mcg 343%
Molybdenum (as aminoate complex)	50 mcg 111%

Spirulina	250 mg	†
Saw Palmetto Berry (<i>Serenoa repens</i>)	60 mg	†
(stand. 45% [27 mg] free fatty acids)		
Inositol	30 mg	†
Bioflavonoid Complex (from <i>Citrus limon</i> / <i>sinensis</i> whole fruit) (stand. to 48% [12 mg] flavanones and 2% [0.5 mg] flavanols, flavones and related phenolic compounds)	25 mg	†
Herbal Antioxidant Complex	15 mg	†
Proprietary blend of Turmeric (<i>Curcuma longa</i> rhizome) (stand. 95% [4.75 mg] curcumin); Bilberry (<i>Vaccinium myrtillus</i> extract) (stand. 25% [1.25 mg])		

Continued on back of label.

PRODUCT NO. 3093

Manufactured with LOVE by Natural Organics
Laboratories, Inc., makers of NaturesPlus
9500 New Horizons Blvd., Amityville, New York 11701, USA
©NATURAL ORGANICS® naturesplus.com

PEEL HERE

LBL 1140557



Supplement Facts

Serving Size 2 Tablets

Amount Per Serving	% Daily Value	Amount Per Serving
Vitamin A (as beta carotene) 3000 mcg RAE (10,000 IU)	333%	Saw Palmetto Berry (<i>Serenoa repens</i>) 60 mg †
Vitamin C (as ascorbic acid) 500 mg	556%	(stand. 45% [27 mg] free fatty acids)
Vitamin D3 2.5 mcg (100 IU)	13%	Inositol 30 mg †
(as vegan cholecalciferol)		Bioflavonoid Complex (from <i>Citrus limon/sinensis</i> . . 25 mg †
Vitamin E 134 mg (200 IU)	893%	whole fruit) (stand. to 48% [12 mg] flavanones
(as d-alpha tocopheryl succinate)		and 2% [0.5 mg] flavanols, flavones and related
Vitamin K (as phytonadione) 150 mcg	125%	phenolic compounds)
Thiamin (vitamin B1) (as thiamine HCl) 75 mg	6250%	Herbal Antioxidant Complex 15 mg †
Riboflavin (vitamin B2) 75 mg	5769%	Proprietary blend of Turmeric (<i>Curcuma longa</i>
Niacin (as niacinamide) 75 mg NE	469%	rhizome) (stand. 95% [4.75 mg] curcumin); Bilberry
Vitamin B6 (as pyridoxine HCl) 75 mg	4412%	(<i>Vaccinium myrtillus</i> extract) (stand. 25% [1.25 mg]
Folate (as calcium-L-5- 667 mcg DFE	167%	anthocyanosides); Green Tea (<i>Camellia sinensis</i> leaf)
methyltetrahydrofolate) (400 mcg L-methylfolate)		(decaffeinated) (stand. 50% [2.5 mg] polyphenols)
Vitamin B12 (as methylcobalamin) 200 mcg	8333%	Bromelain (from pineapple fruit) 12 mg †
Biotin 300 mcg	1000%	(24 gelatin digesting units)
Pantothenic Acid (as calcium pantothenate) 60 mg	1200%	Rhodiola (<i>Rhodiola rosea</i> root) 10 mg †
Choline (as bitartrate) 30 mg	5%	Alpha Lipoic Acid 10 mg †
Calcium (as aminoate complex) 250 mg	19%	Pumpkin Seed (<i>Cucurbita pepo</i>) 10 mg †
Iodine (from kelp) 150 mcg	100%	L-Glycine (free form amino acid) 10 mg †
Magnesium (as aminoate complex) 125 mg	30%	L-Alanine (free form amino acid) 10 mg †
Zinc (as monomethionine*) 30 mg	273%	L-Glutamine (free form amino acid) 10 mg †
Selenium (as aminoate complex) 100 mcg	182%	Amylase (from <i>Aspergillus oryzae</i> fermentation) 5 mg †
Copper (as aminoate complex) 1 mg	111%	Lipase (from <i>Aspergillus niger</i> fermentation) 5 mg †
Manganese (as aminoate complex) 2 mg	87%	Lactase (DairyMate®) 5 mg †
Chromium (as polynicotinate**) 120 mcg	343%	Protease (from <i>Aspergillus niger</i> fermentation) 5 mg †
Molybdenum (as aminoate complex) 50 mcg	111%	Lutein‡ (active carotenoid from marigold flower extract) 2 mg †
Spirulina 250 mg	†	Lycopene 1 mg †

†Daily Value not established.

Other ingredients: Calcium carbonate, microcrystalline cellulose, magnesium oxide, vegetable cellulose, stearic acid, silica, magnesium stearate, astragalus root, Irish moss (*Chondrus crispus*), thyme leaf, ligustrum berry, schisandra fruit, potassium iodide, brown rice and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.

1141161