

Nature's Plus®

The Energy Supplements®

For Mature Adults
**Golden
Years®**
Multi-Vitamin &
Mineral Supplement
90 Tablets

GLUTEN
Free

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

Free from artificial colors and preservatives.

DIRECTIONS: As a dietary supplement, six tablets 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.

*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.

Supplement Facts

Serving Size 6 Tablets, Servings Per Container 15

Amount Per Serving	%DV	Amount Per Serving
Vitamin A (as beta carotene)	10,000 IU 200%	Betaine HCl175 mg†
Vitamin C (as ascorbic acid)	250 mg 417%	Lecithin (supplying100 mg†
Vitamin D (as ergocalciferol)	400 IU 100%	20% [20 mg]
Vitamin E (as d-alpha	100 IU 333%	phosphatidylcholine)
tocopheryl succinate)		Vitamin F (borage100 mg†
Thiamin (as thiamine HCl)	25 mg 1667%	and flax oil
Riboflavin (vitamin B2)	25 mg 1470%	supplying unsaturated
Niacin (as niacinamide)	50 mg 250%	fatty acids)
Vitamin B6 (as pyridoxine HCl) . . .	25 mg 1250%	Inositol 75 mg†
Folate (as folic acid)	400 mcg 100%	L-Glutamine (free 50 mg†
Vitamin B12 (as cyanocobalamin) .	100 mcg 1667%	form amino acid)
Biotin	100 mcg 33%	Choline (as bitartrate) . . . 32 mg†
Pantothenic Acid (as	50 mg 500%	Bioflavonoids (from 25 mg†
calcium pantothenate)		<i>Citrus sinensis</i> ,
Calcium (as amino acid	300 mg 30%	<i>Citrus limon</i> fruit)
chelate/complex)		PABA 20 mg†
Iron (as amino acid chelate/complex)	18 mg 100%	(para-aminobenzoic acid)
Phosphorus (as amino	150 mg 15%	Rutin (from 10 mg†
acid complex)		<i>Sophora japonica</i> leaf)
Iodine (from kelp)	150 mcg 100%	L-Glutathione 10 mg†
Magnesium (as amino acid	150 mg 38%	Hesperidin (from 10 mg†
chelate/complex)		<i>Citrus sinensis</i> ,
Zinc (as amino acid chelate/complex)	20 mg 133%	<i>Citrus limon</i> fruit)
Selenium (as amino acid complex)50	mcg 71%	
Copper (as amino acid chelate) . . .	0.5 mg 25%	
Manganese (as amino acid	10 mg 500%	
chelate/complex)		
Chromium (as amino acid chelate) .	50 mcg 42%	
Potassium (as amino acid complex) .	15 mg <1%	

†Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, di-calcium phosphate, magnesium oxide, zinc gluconate, calcium carbonate, stearic acid, potassium gluconate, manganese gluconate, rice bran, ferrous fumarate, magnesium stearate, rose hips, silica, lecithin, alfalfa, papaya, bromelain (from pineapple fruit), watercress (*Rorippa nasturtiumaquaticum*), parsley, green cabbage (*Brassica oleracea* leaf), potassium iodide and pharmaceutical glaze. Contains soy.

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Natural Organics Laboratories, Inc.
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