

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

IN A SPECIAL BASE WHICH PROVIDES FOR THE GRADUAL RELEASE
OF INGREDIENTS OVER A PROLONGED PERIOD OF TIME.

Free from artificial colors and preservatives.
DIRECTIONS: As a dietary supplement, one tablet 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 over-
dose, 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.**

Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc., makers of **Nature's Plus**
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PRODUCT NO. 3021



Vegetarian Yeast Free

Nature's Plus®

The Energy Supplements®

SUSTAINED RELEASE Multi-Nutrient Formula

ULTRA I®

JUST ONE TABLET DAILY

Dietary Supplement

60 Tablets



MICRO-GEL SUSTAINED RELEASE SYSTEM

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%DV
Vitamin A (as beta carotene)	25,000 IU	500%
Vitamin C (as ascorbic acid)	100 mg	167%
Vitamin D (as ergocalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Thiamin (vitamin B1) (as thiamine HCl)	100 mg	6667%
Riboflavin (vitamin B2)	100 mg	5882%
Niacin (as niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine HCl)	100 mg	5000%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as calcium pantothenate)	100 mg	1000%
Calcium (as amino acid chelate/complex)	40 mg	4%
Iron (as amino acid chelate/complex)	25 mg	139%
Iodine (from kelp)	150 mcg	100%
Magnesium (as amino acid chelate/complex)	20 mg	5%
Zinc (as amino acid chelate/complex)	20 mg	133%
Selenium (as amino acid complex)	10 mcg	14%
Manganese (as amino acid chelate/complex)	6.1 mg	305%
Chromium (as amino acid chelate)	15 mcg	13%
Potassium (as amino acid complex)	15 mg	<1%
PABA (para-aminobenzoic acid)	100 mg	†
Inositol	100 mg	†
Choline (as bitartrate)	42 mg	†
Rutin (from <i>Sophora japonica</i> leaf)	25 mg	†
Bioflavonoids (from <i>Citrus limon</i> exocarp)	25 mg	†
Betaine HCl	25 mg	†
Hesperidin (from <i>Citrus limon</i> exocarp)	5 mg	†

†Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose, stearic acid, potassium gluconate, ferrous fumarate, zinc sulfate, manganese gluconate, di-calcium phosphate, calcium carbonate, magnesium oxide, isolated soy protein, magnesium stearate, rice bran, silica, papaya, watercress, parsley, alfalfa, green cabbage, acerola cherry, wheat germ flour, bromelain (from pineapple fruit), rose hips, ferrous gluconate, potassium iodide and pharmaceutical glaze.