

Nature's Plus®
The Energy Supplements®

GLUTEN
Free

Source of Life®

Multi-Vitamin & Mineral Supplement

WITH WHOLE FOOD CONCENTRATES

Mini-Tabs



Vegetarian • Hypo-Allergenic • 90 Tablets

Supplement Facts

Serving Size 6 Tablets

Servings Per Container 15

Amount Per Serving	%DV	Amount Per Serving
Calories	20	Spirulina 1000 mg†
Total Carbohydrate	3 g 1%**	Bee Pollen (Spanish) 100 mg†
Dietary Fiber	1 g 6%**	Sunflower Oil (supplying linoleic acid. 70 mg†
Protein.	1 g	[54.1 mg], oleic acid [9.3 mg], palmitic acid [4.4 mg], stearic acid [2.2 mg])
Vitamin A (as beta carotene)	10,000 IU 200%	Bioflavonoids (from <i>Citrus limon</i> exocarp) (active flavonols, flavonones, flavones & naringin [26 mg]) 60 mg†
Vitamin C (as ascorbic acid)	1000 mg 1667%	Black Currant Seed Oil 50 mg†
Vitamin D3 (as cholecalciferol)	1000 IU 250%	Ginseng Root (Korean) 50 mg†
Vitamin E (as d-alpha tocopheryl succinate)	200 IU 667%	Bromelain (from pineapple fruit) 40 mg†
Vitamin K2 (as menaquinone-4,	80 mcg 100%	(24 gelatin digesting units)
menaquinone-7)		Choline (as bitartrate) 30 mg†
Thiamin (vitamin B1) (as thiamine HCl)	25 mg 1667%	Inositol 30 mg†
Riboflavin (vitamin B2)	25 mg 1471%	Quercetin (from <i>Sophora japonica</i> & <i>Dimorphandra mollis</i>) 30 mg†
Niacin (as niacinamide)	40 mg 200%	Papain (from papaya fruit) 30 mg†
Vitamin B6 (as pyridoxine HCl)	25 mg 1250%	Rutin (from <i>Sophora japonica</i> leaf) 25 mg†
Folate (as folic acid)	400 mcg 100%	Betaine HCl 25 mg†
Vitamin B12 (as cyanocobalamin)	1000 mcg 16,667%	RNA (ribonucleic acid) 21 mg†
Biotin	100 mcg 33%	Apple Pectin 20 mg†
Pantothenic Acid	60 mg 600%	PABA (para-aminobenzoic acid) 15 mg†
(as calcium pantothenate)		Hesperidin (from <i>Citrus limon</i> exocarp) 10 mg†
Calcium (as aminoate complex)	200 mg 20%	Chlorophyll (from spirulina) 7.5 mg†
Iron (as aminoate complex, ascorbate)	18 mg 100%	DNA (deoxyribonucleic acid) 6 mg†
Iodine (from kelp)	150 mcg 100%	Amylase (from brown rice fermentation) 5 mg†
Magnesium (as aminoate complex)	100 mg 25%	Lipase (from brown rice fermentation) 5 mg†
Zinc (as aminoate complex, picolinate)	15 mg 100%	Carotenoids 4 mg†
Selenium (as aminoate complex)	25 mcg 36%	Eriocitrin (from <i>Citrus limon</i> exocarp) 3 mg†
Copper (as aminoate complex)	0.5 mg 25%	Octacosanol 200 mcg†
Manganese (as aminoate complex)	4 mg 200%	
Chromium (as aminoate complex)	20 mcg 17%	
Molybdenum (as aminoate complex)	37.5 mcg 50%	
Potassium (as aminoate complex)	50 mg 1%	

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

Other ingredients: Microcrystalline cellulose, stearic acid, magnesium stearate, silica, astragalus root, young barley leaf, *Echinacea angustifolia* root, Irish moss (*Chondrus crispus*), thyme leaf, ligustrum berry, schisandra fruit, rice bran and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.

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

Free from artificial colors, preservatives, yeast, wheat, soy and milk.

DIRECTIONS: As a dietary supplement, six tablets once daily.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

***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.**

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.

Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc.
makers of **Nature's Plus**

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