

• ENERGY ON THE GO! •

Nature's Plus®
The Energy Supplements®

Source of Life® **GLUTEN Free**
Multi-Vitamin & Mineral Supplement
WITH WHOLE FOOD CONCENTRATES
No Iron



Vegetarian • Hypo-Allergenic • 90 Tablets

Supplement Facts

Serving Size 3 Tablets, Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	
Calories	20	Spirulina	1000 mg†
Total Carbohydrate	3 g	Essential Fatty Acid—Rich Whole Food	220 mg†
Dietary Fiber	1 g	Energy Blend: Black Currant,	
Protein	1 g	Sunflower Seed, Octadecanoic Acid	
Vitamin A (as beta carotene)	10,000 IU	Bioflavonoids (from <i>Citrus limon</i> exocarp)	60 mg†
Vitamin C (as ascorbic acid)	1000 mg	(active flavonols, flavonones,	
Vitamin D3 (as cholecalciferol)	1000 IU	flavones & naringin [26 mg])	
Vitamin E (as d-alpha-tocopheryl succinate)	200 IU	Ginseng Root (Korean)	50 mg†
Vitamin K2 (as menaquinone-4, ... menaquinone-7)	80 mcg	Bromelain (from pineapple fruit)	40 mg†
Thiamin (as thiamine HCl)	25 mg	(24 gelatin digesting units)	
Riboflavin (vitamin B2)	25 mg	Chlorophyll	35 mg†
Niacin (as niacinamide)	40 mg	Choline (as bitartrate)	30 mg†
Vitamin B6 (as pyridoxine HCl)	25 mg	Inositol	30 mg†
Folate (as folic acid)	400 mcg	Quercetin (from <i>Dimorphandra mollis</i>)	30 mg†
Vitamin B12 (as cyanocobalamin)	1000 mcg	Papain (from papaya fruit)	30 mg†
Biotin	100 mcg	Rutin (from <i>Sophora japonica</i> leaf)	25 mg†
Pantothenic Acid	60 mg	Betaine HCl	25 mg†
(as calcium pantothenate)		RNA (ribonucleic acid)	21 mg†
Calcium (as aminoate complex)	200 mg	Apple Pectin	20 mg†
Iodine (from kelp)	150 mcg	PABA (para-aminobenzoic acid)	15 mg†
Magnesium	100 mg	Hesperidin (from <i>Citrus limon</i> exocarp)	10 mg†
(as aminoate complex)		DNA (deoxyribonucleic acid)	6 mg†
Zinc (as aminoate complex, picolinate)	15 mg	Amylase (from brown rice fermentation)	5 mg†
Selenium (as aminoate complex)	25 mcg	Lipase (from brown rice fermentation)	5 mg†
Copper (as aminoate complex)	1.5 mg	Carotenoids	4 mg†
Manganese (as aminoate complex)	4 mg	Eriocitrin (from <i>Citrus limon</i> exocarp)	3 mg†
Chromium (as aminoate complex)	20 mcg	Octacosanol	200 mg†
Molybdenum (as aminoate complex)	37.5 mcg		
Potassium (as aminoate complex)	50 mg		

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

†Daily Value (DV) not established.

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, three tablets once daily.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

***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.**

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makers of **Nature's Plus**
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PRODUCT NO. 30581



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Other ingredients: Microcrystalline cellulose, di-calcium phosphate, stearic acid, magnesium oxide, vegetable cellulose, zinc sulfate, magnesium stearate, potassium chloride, manganese sulfate, potassium iodide, 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.