

# Nature's Plus. The Energy Supplements.

ORAC VALUE  
1000

Source of Life®  
**GREEN AND RED**

ENERGY  
ON-THE-GO

STOP  
FREE RADICAL  
DAMAGE

Multi-Vitamin & Mineral Supplement  
with Whole Food Concentrates

**Anti-Aging Nutrients**

500 mg Spirulina Exotic Red Fruits

GLUTEN  
Free

Hypo-Allergenic • Vegetarian • 90 Bi-Layered Tablets

## Supplement Facts

Serving Size 3 Tablets, Servings Per Container 30

| Amount Per Serving                            |           | %DV   |
|-----------------------------------------------|-----------|-------|
| Calories                                      | 20        |       |
| Total Carbohydrate                            | 3 g       | 1%**  |
| Dietary Fiber                                 | 1 g       | 6%**  |
| Protein                                       | 1 g       |       |
| Vitamin A (as beta carotene)                  | 10,000 IU | 200%  |
| Vitamin C (as ascorbic acid)                  | 1000 mg   | 1667% |
| Vitamin D (as ergocalciferol/cholecalciferol) | 700 IU    | 175%  |
| Vitamin E (as d-alpha-tocopheryl succinate)   | 200 IU    | 667%  |
| Vitamin K2 (as menatetrenone)                 | 50 mcg    | 63%   |
| Thiamin (vitamin B1) (as thiamine HCl)        | 25 mg     | 1667% |
| Riboflavin (vitamin B2)                       | 25 mg     | 1471% |
| Niacin (as niacinamide)                       | 40 mg     | 200%  |
| Vitamin B6 (as pyridoxine HCl)                | 25 mg     | 1250% |
| Folate (as folic acid)                        | 400 mcg   | 100%  |
| Vitamin B12 (as cyanocobalamin)               | 200 mcg   | 3333% |
| Biotin                                        | 100 mcg   | 33%   |
| Pantothenic Acid (as calcium pantothenate)    | 60 mg     | 600%  |
| Calcium (as aminoate complex)                 | 200 mg    | 20%   |
| Iron (as aminoate complex, ascorbate)         | 4.5 mg    | 25%   |
| Iodine (from kelp)                            | 150 mcg   | 100%  |
| Magnesium (as aminoate complex)               | 100 mg    | 25%   |
| Zinc (as aminoate complex, picolinate)        | 15 mg     | 100%  |
| Selenium (as aminoate complex)                | 25 mcg    | 36%   |
| Copper (as aminoate complex)                  | 0.5 mg    | 25%   |
| Manganese (as aminoate complex)               | 4 mg      | 200%  |
| Chromium (as aminoate complex)                | 20 mcg    | 17%   |

## Amount Per Serving

%DV

|                                                                          |          |    |
|--------------------------------------------------------------------------|----------|----|
| Potassium (as aminoate complex)                                          | 50 mg    | 1% |
| <b>Red Lightning Proprietary Blend</b> (30 whole foods)†                 | 500 mg†  |    |
| Spirulina                                                                | 500 mg†  |    |
| <b>Proprietary Anti-Aging Blend</b> †                                    | 125 mg†  |    |
| Bee Pollen (Spanish)                                                     | 100 mg†  |    |
| Sunflower Oil‡                                                           | 70 mg†   |    |
| Bioflavonoids (from <i>Citrus limon</i> exocarp)‡                        | 60 mg†   |    |
| Black Currant Seed Oil                                                   | 50 mg†   |    |
| Ginseng Root (Korean)                                                    | 50 mg†   |    |
| Bromelain (from pineapple fruit) (24 GDU)                                | 40 mg†   |    |
| Choline (as bitartrate)                                                  | 30 mg†   |    |
| Inositol                                                                 | 30 mg†   |    |
| Quercetin (from <i>Sophora japonica</i> and <i>Dimorphandra mollis</i> ) | 30 mg†   |    |
| Papain (from papaya fruit)                                               | 30 mg†   |    |
| Rutin (from <i>Sophora japonica</i> leaf)                                | 25 mg†   |    |
| Betaine HCl                                                              | 25 mg†   |    |
| Apple Pectin                                                             | 20 mg†   |    |
| PABA (para-aminobenzoic acid)                                            | 15 mg†   |    |
| RNA (ribonucleic acid) (from spirulina)                                  | 13.5 mg† |    |
| Hesperidin (from <i>Citrus limon</i> exocarp)                            | 10 mg†   |    |
| Chlorophyll (from Whole Food Blend/spirulina)                            | 6 mg†    |    |
| DNA (deoxyribonucleic acid) (from Whole Food Blend)                      | 6 mg†    |    |
| Amylase (from brown rice fermentation)                                   | 5 mg†    |    |
| Lipase (from brown rice fermentation)                                    | 5 mg†    |    |
| Carotenoids (from Whole Food Blend)                                      | 4 mg†    |    |
| Eriocitrin (from <i>Citrus limon</i> exocarp)                            | 3 mg†    |    |
| Lycopene (active carotenoid from tomato)                                 | 2.5 mg†  |    |
| Lutein (active carotenoid from marigold flower extract)††                | 1.5 mg†  |    |
| Proanthocyanidins (from Whole Food Blend)                                | 250 mcg† |    |
| Octacosanol                                                              | 200 mcg† |    |

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

†Daily Value (DV) not established.

**Nutritional Support for Free Radical Defense, 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.**

**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.

†† **FloraGLO** LUTEIN is a registered trademark of Kemlin Industries, Inc.

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

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**PRODUCT NO. 30551**



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Other ingredients: Multi Color Lightning Proprietary Whole Food Blend (115 fruits and vegetables)†, young barley leaf, stearic acid, magnesium stearate, silica, astragalus root, ligustrum berry, schisandra fruit and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.

†For details, see outer carton or visit [www.naturesplus.com](http://www.naturesplus.com)