

Nature's Plus®
The Energy Supplements®

Source of Life®

Multi-Vitamin & Mineral Supplement
WITH WHOLE FOOD CONCENTRATES • FAST ACTING
Capsules

GLUTEN
Free



Hypo-Allergenic • 90  Vegetarian
CAPSULES

Supplement Facts

Serving Size 9 Capsules

Servings Per Container 10

Amount Per Serving	%DV	Amount Per Serving	
Calories.....	25	Spirulina.....	1000 mg†
Total Carbohydrate.....	4 g	Essential Fatty Acid-Rich Whole Food...	220 mg†
Dietary Fiber.....	2 g	Energy Blend: Black Currant,	
Protein.....	2 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.....	200 IU	Ginseng Root (Korean).....	50 mg†
tocopheryl succinate)		Bromelain (from pineapple fruit).....	40 mg†
Vitamin K2 (as menaquinone-4, ...	80 mcg	(24 gelatin digesting units)	
menaquinone-7)		Choline (as bitartrate).....	30 mg†
Thiamin (as thiamine HCl).....	25 mg	Inositol.....	30 mg†
Riboflavin (vitamin B2).....	25 mg	Quercetin (from <i>Sophora japonica</i>	30 mg†
Niacin (as niacinamide).....	40 mg	& <i>Dimorphandra mollis</i>)	
Vitamin B6 (as pyridoxine HCl)...	25 mg	Papain (from papaya fruit).....	30 mg†
Folate (as folic acid).....	400 mcg	Rutin (from <i>Sophora japonica</i> leaf)...	25 mg†
Vitamin B12.....	1000 mcg	Betaine HCl.....	25 mg†
(as cyanocobalamin)		RNA (ribonucleic acid).....	21 mg†
Biotin.....	100 mcg	Apple Pectin.....	20 mg†
Pantothenic Acid.....	60 mg	PABA (para-aminobenzoic acid).....	15 mg†
(as calcium pantothenate)		Hesperidin (from <i>Citrus limon</i> exocarp) ..	10 mg†
Calcium (as aminoate complex)...	200 mg	Chlorophyll (from spirulina).....	7.5 mg†
Iron (as aminoate.....	18 mg	DNA (deoxyribonucleic acid).....	6 mg†
complex, ascorbate)		Amylase (from brown rice fermentation)	5 mg†
Iodine (from kelp).....	150 mcg	Lipase (from brown rice fermentation)...	5 mg†
Magnesium (as aminoate complex)	100 mg	Carotenoids.....	4 mg†
Zinc (as aminoate.....	15 mg	Eriocitrin (from <i>Citrus limon</i> exocarp)...	3 mg†
complex, picolinate)		Octacosanol.....	200 mg†
Selenium (as aminoate complex)	25 mcg		
Copper (as aminoate complex)...	0.5 mg		
Manganese (as aminoate complex)	4 mg		
Chromium (as aminoate complex)	20 mcg		
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, nine capsules 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.**

Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc.
makers of **Nature's Plus**
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PRODUCT NO. 30592



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Other ingredients: Microcrystalline cellulose, calcium carbonate, magnesium oxide, magnesium stearate, potassium chloride, potassium iodide, schisandra fruit, astragalus root, young barley leaf, *Echinacea angustifolia* root, Irish moss (*Chondrus crispus*), thyme leaf, ligustrum berry, rice bran, vegetable cellulose (USP) and purified water. Mineral aminoates are whole brown rice chelates.