

Energy for the Life You Live!™



Supplement Facts

Serving Size 2 Tablets, Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	
Vitamin A (as beta carotene)	10,000 IU 200%	Bromelain (from pineapple fruit)	40 mg †
Vitamin C (as ascorbic acid)	500 mg 833%	(24 gelatin digesting units)	
Vitamin D (as ergocalciferol)	100 IU 25%	Choline (as bitartrate)	30 mg †
Vitamin E	200 IU 667%	Inositol	30 mg †
(as d-alpha tocopheryl succinate)		Bioflavonoids (from <i>Citrus limon</i> exocarp)	25 mg †
Vitamin K (as phytonadione)	150 mcg 188%	(active flavonols, flavonones, flavones	
Thiamin (vitamin B1)	75 mg 5000%	& naringin [11 mg])	
(as thiamine HCl)		Herbal Antioxidant Complex	15 mg †
Riboflavin (vitamin B2)	75 mg 4412%	Proprietary blend of Turmeric (<i>Curcuma longa</i>	
Niacin (as niacinamide)	75 mg 375%	rhizome) (stand. 95% [4.75 mg] curcumin);	
Vitamin B6 (as pyridoxine HCl)	75 mg 3750%	Bilberry (<i>Vaccinium myrtillus</i> extract) (stand.	
Folate (as folic acid)	400 mcg 100%	25% [1.25 mg] anthocyanosides); Green Tea	
Vitamin B12 (as cyanocobalamin)	200 mcg 3333%	(<i>Camellia sinensis</i> leaf) (decaffeinated)	
Biotin	300 mcg 100%	(stand. 50% [2.5 mg] polyphenols)	
Pantothenic Acid	60 mg 600%	Rhodiola (<i>Rhodiola rosea</i> root)	10 mg †
(as calcium pantothenate)		Alpha Lipoic Acid	10 mg †
Calcium (as aminoate complex)	250 mg 25%	Pumpkin Seed (<i>Cucurbita maxima</i>)	10 mg †
Iodine (from kelp)	150 mcg 100%	L-Glycine (free form amino acid)	10 mg †
Magnesium (as aminoate complex)	125 mg 31%	L-Alanine (free form amino acid)	10 mg †
Zinc (as monomethionine**)	30 mg 200%	L-Glutamine (free form amino acid)	10 mg †
Selenium (as aminoate complex)	100 mcg 143%	Amylase (from brown rice fermentation)	5 mg †
Copper (as aminoate complex)	1 mg 50%	Lipase (from brown rice fermentation)	5 mg †
Manganese (as aminoate complex)	2 mg 100%	Lactase (DairyMate®)	5 mg †
Chromium (as polynicotinate***)	120 mcg 100%	Protease (from brown rice fermentation)	5 mg †
Molybdenum (as aminoate complex)	50 mcg 67%	Lutein‡ (active carotenoid from marigold	2 mg †
		flower extract)	
Spirulina	250 mg †	Lycopene (active carotenoid from tomato)	1 mg †
Saw Palmetto Berry (<i>Serenoa repens</i>)	60 mg †		
(stand. 45% [27 mg] free fatty acids)			

†Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, calcium carbonate, magnesium oxide, vegetable cellulose, stearic acid, magnesium stearate, silica, astragalus root, Irish moss (*Chondrus crispus*), thyme leaf, ligustrum berry, schisandra fruit, rice bran, potassium iodide and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.

DIRECTIONS: As a dietary supplement for men only, two tablets once daily.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

KEEP OUT OF REACH OF CHILDREN.

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PRODUCT NO. 3093



LBL. 1133307