

Nature's Plus® The Energy Supplements.



Supplement Facts

Serving Size 6 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%
Red Lightning Proprietary Blend (30 whole foods)†	500 mg†	
Spirulina	500 mg†	
Proprietary Anti-Aging Blend †	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. **GLUTEN FREE.**

DIRECTIONS: As a dietary supplement, six 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. 30554



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Other ingredients: Multi Color Whole Food Lightning Proprietary 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, visit www.naturesplus.com