

• ANTIOXIDANT NUTRITION •

Nature's Plus®
The Energy Supplements®

Source of Life
Multi-Vitamin & Mineral Supplement

RED
EASY TO SWALLOW

Mini-Tabs

WITH WHOLE FOOD CONCENTRATES
Exotic Red Fruits, Lutein, Lycopene
and Anti-Aging* Nutrients

ORAC VALUE
1000

GLUTEN
Free

Hypo-Allergenic • Vegetarian • 180 Tablets

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 D3 (as cholecalciferol).....	1000 IU 250%
Vitamin E (as d-alpha tocopheryl succinate).....	200 IU 667%
Vitamin K2 (as menatetrenone).....	100 mcg 125%
Thiamin (as thiamine HCl).....	25 mg 1667%
Riboflavin (vitamin B-2).....	25 mg 1471%
Niacin (as niacinamide).....	40 mg 200%
Vitamin B-6 (as pyridoxine HCl).....	25 mg 1250%
Folate (as folic acid).....	400 mcg 100%
Vitamin B-12 (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).....	18 mg 100%
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%

Amount Per Serving

Manganese (as aminoate complex).....	4 mg	200%
Chromium (as aminoate complex).....	20 mcg	17%
Potassium (as aminoate complex).....	50 mg	1%

Red Lightning Proprietary Blend

1000 mg†
pomegranate, goji (*Lycium barbarum* L.), noni (*Morinda citrifolia* fruit), mangosteen (*Garcinia mangostana* fruit), açai (cabbage palm) (*Euterpe oleracea* berry), cranberry, red raspberry, black raspberry, red grape, tomato, strawberry, mango, black currant, ligustrum berry, bilberry, blueberry, elderberry (*Sambucus nigra*), camu-camu (*Myrciaria dubia* fruit), schisandra fruit, green tea, turmeric, fenugreek seed, apple, apricot, banana, orange, peach, plum, pear, guava, pineapple, watermelon, FOS, **Activessence®** (a patented enzyme activation system – cellulase, pectinase, hemicellulase and xylanase)

Proprietary Anti-Aging Blend:

250 mg†
MSM (methylsulfonylemethane), NAC (N-acetyl cysteine), turmeric (std. curcumin), grape (*Vitis vinifera*) seed extract (std. proanthocyanidins)
Bee Pollen (Spanish)..... 100 mg†
Sunflower Oil (supplying linoleic acid [54.1 mg], oleic acid [9.3 mg], palmitic acid [4.4 mg], stearic acid [2.2 mg])..... 70 mg†
Bioflavonoids (from *Citrus limon* exocarp)..... 60 mg†
(active flavonols, flavonones, flavones & naringen [26 mg])

Amount Per Serving

	%DV
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> leaf).....	30 mg†
Papain (from papaya fruit).....	30 mg†
Rutin (from <i>Sophora japonica</i> & <i>Dimorphandra mollis</i>).....	25 mg†
Betaine HCl.....	25 mg†
Apple Pectin.....	20 mg†
PABA (para-aminobenzoic acid).....	15 mg†
Hesperidin (from <i>Citrus limon</i> exocarp).....	10 mg†
RNA (ribonucleic acid) (from Whole Food Blend).....	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†
Lycopene (active carotenoid from tomato).....	5 mg†
Chlorophyll (from Whole Food Blend).....	4.5 mg†
Carotenoids (from Whole Food Blend).....	4 mg†
Eriocitrin (from <i>Citrus limon</i> exocarp).....	3 mg†
Lutein (active carotenoid from marigold flower extract).....	3 mg†
Proanthocyanidins (from Whole Food Blend).....	500 mcg†
Octacosanol.....	200 mcg†

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

† Daily Value (DV) not established.

Other ingredients: Multi Color Whole Food Lightning Proprietary Blend (115 fruits and vegetables)†, young barley leaf, stearic acid, magnesium stearate, silica and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates. †For details, visit www.naturesplus.com Free from artificial colors, preservatives, yeast, wheat, soy and milk.

*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.

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.

PRODUCT NO. 30557



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