

**Nutritional Support for
Natural Energy Production
and Overall Well-Being.***

Free from artificial colors and preservatives.

DIRECTIONS: As a dietary supplement, one tablet 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 ♥ for **NATURE'S PLUS**
548 Broadhollow Rd., Melville, NY 11747, USA
Div. of Natural Organics, Inc.
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PRODUCT NO. 3087



Great Taste  Vegetarian

Nature's Plus®

The Energy Supplements®

NATURAL PINEAPPLE FLAVOR

ADULT'S CHEWABLE

**Multi-Vitamin and Mineral
Dietary Supplement**



90 Tablets



Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	%DV
Calories	10
Total Carbohydrate	2 g ... <1%**
Sugars	2 g ... †
Vitamin A (as beta carotene)	5000 IU ... 100%
Vitamin C (as ascorbic acid, sodium ascorbate)	150 mg ... 250%
Vitamin D (as ergocalciferol)	400 IU ... 100%
Vitamin E (as d-alpha tocopheryl acetate)	100 IU ... 333%
Thiamin (vitamin B1) (as thiamine mononitrate)	15 mg ... 1000%
Riboflavin (vitamin B2)	15 mg ... 882%
Niacin (as niacinamide)	25 mg ... 125%
Vitamin B6 (as pyridoxine HCl)	15 mg ... 750%
Folate (as folic acid)	100 mcg ... 25%
Vitamin B12 (as cyanocobalamin)	15 mcg ... 250%
Biotin	20 mcg ... 7%
Pantothenic Acid (as calcium pantothenate)	20 mg ... 200%
Calcium (as gluconate, carbonate)	10 mg ... 1%
Iron (as gluconate, ferrous fumarate)	5 mg ... 28%
Iodine (as potassium iodide)	100 mcg ... 67%
Magnesium (as gluconate, oxide)	0.145 mg ... <1%
Zinc (as gluconate, oxide)	0.325 mg ... 2%
Copper (as gluconate)	0.05 mg ... 3%
Manganese (as gluconate)	0.017 mg ... 1%

Lecithin (from soy)	25 mg. †
Choline (as bitartrate)	5 mg. †
Hesperidin (from <i>Citrus limon</i> exocarp)	5 mg. †
Betaine HCl	5 mg. †
Rutin (from <i>Sophora japonica</i> leaf)	2.5 mg. †
Bioflavonoids (from <i>Citrus limon</i> exocarp)	2.5 mg. †
PABA (para-aminobenzoic acid)	2.5 mg. †
Inositol	2.5 mg. †

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

†Daily Value (DV) not established.

Other ingredients: Sucrose, fructose, silica, natural flavors (pineapple, orange), magnesium stearate, curcumin, sweet malt, microcrystalline cellulose, rice bran and rose hips (*Rosa canina* fruit).