

Natures Plus®

For Mature Adults

Golden Years®

Multi-Vitamin & Mineral Supplement

GLUTEN Free

90 Tablets

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

Free from artificial colors and preservatives.

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.**

Supplement Facts

Serving Size 6 Tablets, Servings Per Container 15

Amount Per Serving	%DV	Amount Per Serving
Vitamin A (as beta carotene)	10,000 IU 200%	Betaine HCl 175 mg†
Vitamin C (as ascorbic acid)	250 mg 417%	Lecithin (supplying 100 mg†
Vitamin D (as ergocalciferol)	400 IU 100%	20% [20 mg]
Vitamin E (as d-alpha	100 IU 333%	phosphatidylcholine)
tocopheryl succinate)		
Thiamin (as thiamine HCl)	25 mg 1667%	Healthful Fatty Acids . . . 83 mg†
Riboflavin (vitamin B2)	25 mg 1470%	(borage oil, flax oil
Niacin (as niacinamide)	50 mg 250%	and lecithin supplying
Vitamin B6 (as pyridoxine HCl) . . .	25 mg 1250%	unsaturated fatty acids)
Folate (as folic acid)	400 mcg 100%	Inositol 75 mg†
Vitamin B12 (as cyanocobalamin) . . .	100 mcg 1667%	L-Glutamine (free 50 mg†
Biotin	100 mcg 33%	form amino acid)
Pantothenic Acid (as	50 mg 500%	Choline (as bitartrate) . . . 32 mg†
calcium pantothenate)		
Calcium (as amino acid	300 mg 30%	Bioflavonoids (from 25 mg†
chelate/complex)		<i>Citrus sinensis,</i>
Iron (as amino acid chelate/complex) .	18 mg 100%	<i>Citrus limon</i> fruit)
Phosphorus (as amino	150 mg 15%	PABA 20 mg†
acid complex)		(para-aminobenzoic acid)
Iodine (from kelp)	150 mcg 100%	Rutin (from 10 mg†
Magnesium (as amino acid	150 mg 38%	<i>Sophora japonica</i> leaf)
chelate/complex)		L-Glutathione 10 mg†
Zinc (as amino acid chelate/complex) .	20 mg 133%	Hesperidin (from 10 mg†
Selenium (as amino acid complex) . .	50 mcg 71%	<i>Citrus sinensis,</i>
Copper (as amino acid chelate)	0.5 mg 25%	<i>Citrus limon</i> fruit)
Manganese (as amino acid	10 mg 500%	
chelate/complex)		
Chromium (as amino acid chelate) . . .	50 mcg 42%	
Potassium (as amino acid complex) . .	15 mg <1%	

†Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, di-calcium phosphate, magnesium oxide, zinc gluconate, calcium carbonate, stearic acid, potassium gluconate, manganese gluconate, rice bran, ferrous fumarate, magnesium stearate, rose hips, silica, lecithin, papaya, bromelain (from pineapple fruit), watercress (*Rorippa nasturtium-aquaticum*), parsley, green cabbage (*Brassica oleracea* leaf), potassium iodide and pharmaceutical glaze. Contains soy.

PRODUCT NO. 3162



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