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

Free from artificial colors and preservatives. Free from the common allergens yeast, wheat, soy and milk.

DIRECTIONS: As a dietary supplement, one capsule daily with a meal.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

***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 ♥ by
Natural Organics Laboratories, Inc.
makers of **Nature's Plus**
9500 New Horizons Blvd., Amityville, New York 11701, USA
©NATURAL ORGANICS® www.naturesplus.com

Vcaps® is a trademark of Capsugel®

PRODUCT NO. 30081

0 97467 30081 1

Nature's Plus®
The Energy Supplements®

HIGH POTENCY

ULTRA ONE® DAILY CAPS *Iron Free*

Multi-Vitamin and Mineral Supplement with Beta-Carotene

GLUTEN Free

Hypo-Allergenic

ONE EACH DAY

60 Vegetarian CAPSULES

QUALITY NATURAL SUPPLEMENTS®

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		%DV
Vitamin A (100% from beta carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	150 mg	250%
Vitamin D (as ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Thiamin (vitamin B1) (as thiamine mononitrate)	25 mg	1667%
Riboflavin (vitamin B2)	25 mg	1471%
Niacin (as niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%
Folate (as calcium-L-5-methyltetrahydrofolate)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	500%
Calcium (as carbonate, citrate)	25 mg	3%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as oxide, aspartate)	7.2 mg	2%
Zinc (as picolinate, oxide)	15 mg	100%
Selenium (as selenomethionine, sodium selenite)	200 mcg	286%
Copper (as gluconate)	2 mg	100%
Manganese (as gluconate, sulfate)	5 mg	250%
Chromium (as picolinate, chloride)	200 mcg	167%
Molybdenum (as sodium molybdate)	150 mcg	200%
Potassium (as citrate, iodide)	5 mg	<1%
PABA (para-aminobenzoic acid)	25 mg	†
Inositol	25 mg	†
Choline (as bitartrate)	10.5 mg	†

†Daily Value (DV) not established.

Other ingredients: Vegetable cellulose, magnesium stearate, silica and purified water.

LBL: 1135266