

Energy for the Life You Live!™

Nature's Plus®
The Energy Supplements®

IRON-FREE

Source of Life®
men

**Multi-Vitamin and
Mineral Supplement
with Whole Food
Concentrates**

with Saw Palmetto, Lycopene & Lutein

**GLUTEN
Free**

60 TABLETS

Vegetarian  **Hypo-Allergenic**

Supplement Facts

Serving Size 2 Tablets, Servings Per Container 30

Amount Per Serving	% DV	Amount Per Serving
Vitamin A (as beta carotene)	10,000 IU 200%	Choline (as bitartrate) 30 mg †
Vitamin C (as ascorbic acid)	500 mg 833%	Inositol 30 mg †
Vitamin D3 (as cholecalciferol from Lichen)	100 IU 25%	Bioflavonoids (from <i>Citrus limon</i> exocarp) 25 mg †
Vitamin E (as d-alpha tocopheryl succinate)	200 IU 667%	(active flavonols, flavonones, flavones
Vitamin K (as phytonadione)	150 mcg 188%	& naringin [11 mg])
Thiamin (vitamin B1)	75 mg 5000%	Herbal Antioxidant Complex 15 mg †
(as thiamine HCl)		Proprietary blend of Turmeric (<i>Curcuma longa</i>
Riboflavin (vitamin B2)	75 mg 4412%	rhizome) (stand. 95% [4.75 mg] curcumin);
Niacin (as niacinamide)	75 mg 375%	Bilberry (<i>Vaccinium myrtillus</i> extract) (stand.
Vitamin B6 (as pyridoxine HCl)	75 mg 3750%	25% [1.25 mg] anthocyanosides); Green Tea
Folate (as calcium-L-5-	400 mcg 100%	(<i>Camellia sinensis</i> leaf) (decaffeinated)
methyltetrahydrofolate)		(stand. 50% [2.5 mg] polyphenols)
Vitamin B12 (as methylcobalamin)	200 mcg 3333%	Bromelain (from pineapple fruit) 12 mg †
Biotin	300 mcg 100%	(24 gelatin digesting units)
Pantothenic Acid	60 mg 600%	Rhodiola (<i>Rhodiola rosea</i> root) 10 mg †
(as calcium pantothenate)		Alpha Lipoic Acid 10 mg †
Calcium (as aminoate complex)	250 mg 25%	Pumpkin Seed (<i>Cucurbita maxima</i>) 10 mg †
Iodine (from kelp)	150 mcg 100%	L-Glycine (free form amino acid) 10 mg †
Magnesium (as aminoate complex)	125 mg 31%	L-Alanine (free form amino acid) 10 mg †
Zinc (as monomethionine**)	30 mg 200%	L-Glutamine (free form amino acid) 10 mg †
Selenium (as aminoate complex)	100 mcg 143%	Amylase (from <i>Aspergillus oryzae</i> fermentation) 5 mg †
Copper (as aminoate complex)	1 mg 50%	Lipase (from <i>Rhizopus oryzae</i> fermentation) 5 mg †
Manganese (as aminoate complex)	2 mg 100%	Lactase (DairyMate®) 5 mg †
Chromium (as polynicotinate***)	120 mcg 100%	Protease (from <i>Aspergillus oryzae</i> fermentation) 5 mg †
Molybdenum (as aminoate complex)	50 mcg 67%	Lutein‡ (active carotenoid from marigold
Spirulina	250 mg †	flower extract) 2 mg †
Saw Palmetto Berry (<i>Serenoa repens</i>)	60 mg †	Lycopene 1 mg †
(stand. 45% [27 mg] free fatty acids)		

Other ingredients: Microcrystalline cellulose, calcium carbonate, magnesium oxide, vegetable cellulose, stearic acid, magnesium stearate, silica, astragalus root, Irish moss (*Chondrus crispus*), thyme leaf, ligustrum berry, schisandra fruit, rice bran, potassium iodide and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.

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

LBL 1135602

DIRECTIONS: As a dietary supplement for men only, two tablets once daily.
KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

OptiZinc® **CHROME MATE®**

**OptiZinc® brand zinc monomethionine and
***ChromeMate® brand niacin-bound chromium
are registered trademarks of InterHealth N.I.

FloraGLO 

‡FloraGLO® is a registered trademark
of Kemin Industries, Inc.

Source of Life® is a registered trademark of
Natural Organics, Inc. in the US and/or other countries.

Made with **Vitashine™**

PRODUCT NO. 3093



0 97467 03093 0