

Now with
Methylcobalamin
& Methylfolate!

• ENERGY ON THE GO! •

Natures Plus

Source of Life
Multi-Vitamin & Mineral Supplement
WITH WHOLE FOOD CONCENTRATES • EASY TO SWALLOW

GLUTEN
Free

Mini-Tabs No Iron



Vegetarian • Hypo-Allergenic • 90 Tablets

Supplement Facts

Serving Size 6 Tablets

Servings Per Container 15

Amount Per Serving	%DV	Amount Per Serving
Calories	20	Spirulina (naturally supplying ribonucleic . . 1000 mg†
Total Carbohydrate	3 g	acid [RNA] and deoxyribonucleic acid [DNA])
Dietary Fiber	1 g	Essential Fatty Acid-Rich Whole Food
Protein	1 g	Energy & Prebiotic Fiber Blend: Black . . 220 mg†
Vitamin A (as beta carotene)	10,000 IU	currant, sunflower seed, octadecanoic acid
Vitamin C (as ascorbic acid)	1000 mg	Bioflavonoid Complex (from <i>Citrus limon</i> . . 60 mg†
Vitamin D3 (as cholecalciferol from lichen)	1000 IU	exocarp) (active flavonols, flavonones,
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	flavones & naringin [26 mg])
Vitamin K2 (as menaquinone-4,	80 mcg	Ginseng Root (Korean)
menaquinone-7)		Choline (as bitartrate)
Thiamin (vitamin B1) (as thiamine HCl)	25 mg	Inositol
Riboflavin (vitamin B2)	25 mg	Quercetin (from <i>Dimorphandra mollis</i>) . . 30 mg†
Niacin (as niacinamide)	40 mg	Papain (from papaya fruit)
Vitamin B6 (as pyridoxine HCl)	25 mg	Rutin (from <i>Sophora japonica</i> leaf) 25 mg†
Folate (as calcium-L-5-methyltetrahydrofolate)	400 mcg	Betaine HCl
Vitamin B12 (as methylcobalamin)	1000 mcg	Apple Pectin
Biotin	100 mcg	PABA (para-aminobenzoic acid)
Pantothenic Acid (as calcium pantothenate)	60 mg	Bromelain (from pineapple fruit)
Calcium (as aminoate complex)	200 mg	(24 gelatin digesting units)
Iodine (from kelp)	150 mcg	Hesperidin Complex (from <i>Citrus limon</i> exocarp) . . 10 mg†
Magnesium (as aminoate complex)	100 mg	Chlorophyll (from spirulina)
Zinc (as aminoate complex, picolinate)	15 mg	Amylase (from <i>Aspergillus oryzae</i> fermentation) . . 5 mg†
Selenium (as aminoate complex)	25 mcg	Lipase (from <i>Rhizopus oryzae</i> fermentation) . . 5 mg†
Copper (as aminoate complex)	0.5 mg	Carotenoids
Manganese (as aminoate complex)	4 mg	Octacosanol
Chromium (as aminoate complex)	20 mcg	
Molybdenum (as aminoate complex)	37.5 mcg	
Potassium (as aminoate complex)	50 mg	

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value (DV) not established.

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

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

DIRECTIONS: As a dietary supplement, six tablets once daily.

**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
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PRODUCT NO. 30587



Other ingredients: Microcrystalline cellulose, di-calcium phosphate, stearic acid, magnesium oxide, vegetable cellulose, zinc sulfate, magnesium stearate, potassium chloride, manganese sulfate, potassium iodide, silica, astragalus root, *Echinacea angustifolia* root, Irish moss (*Chondrus crispus*), thyme leaf, ligustrum berry, schisandra fruit, rice bran and pharmaceutical glaze.