

Now with
Methylcobalamin
& Methylfolate!

• ENERGY ON THE GO! •

Natures Plus[®] *Source of Life[®]* Supplement Multi-Vitamin & Mineral WITH WHOLE FOOD CONCENTRATES Tablets



Vegetarian • Hypo-Allergenic • 90 Tablets

Supplement Facts

Serving Size 3 Tablets, Servings Per Container 30

Amount Per Serving		%DV
Calories	20	
Total Carbohydrate	3 g	1%**
Dietary Fiber	1 g	6%**
Protein	1 g	
Vitamin A (as beta carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	1000 mg	1667%
Vitamin D3 (as cholecalciferol from Lichen)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%
Vitamin K2 (as menaquinone-4, menaquinone-7)	80 mcg	100%
Thiamin (vitamin B1) (as thiamine HCl)	25 mg	1667%
Riboflavin (vitamin B2)	25 mg	1471%
Niacin (as niacinamide)	40 mg	200%
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%
Folate (as calcium-L-5-methyltetrahydrofolate)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	1000 mcg	16,667%
Biotin	100 mcg	33%
Pantothenic Acid (as calcium pantothenate)	60 mg	600%
Calcium (as aminoate complex)	200 mg	20%
Iron (as aminoate complex, ascorbate)	18 mg	100%
Iodine (from kelp)	150 mcg	100%
Magnesium (as aminoate complex)	100 mg	25%
Zinc (as aminoate complex, picolinate)	15 mg	100%
Selenium (as aminoate complex)	25 mcg	36%
Copper (as aminoate complex)	0.5 mg	25%
Manganese (as aminoate complex)	4 mg	200%
Chromium (as aminoate complex)	20 mcg	17%
Molybdenum (as aminoate complex)	37.5 mcg	50%
Potassium (as aminoate complex)	50 mg	1%
Spirulina	1000 mg	†
Essential Fatty Acid—Rich Whole Food	220 mg	†
Energy and Prebiotic Fiber Blend: Black Currant, Sunflower Seed, Octadecanoic Acid		
Bioflavonoid Complex (from <i>Citrus limon</i> exocarp) (active flavonols, flavonones, flavones and naringin [26 mg])	60 mg	†
Ginseng Root (Korean)	50 mg	†
Choline (as bitartrate)	30 mg	†
Inositol	30 mg	†
Quercetin (from <i>Dimorphandra mollis</i>)	30 mg	†
Papain (from papaya fruit)	30 mg	†
Rutin (from <i>Sophora japonica</i> leaf)	25 mg	†
Betaine HCl	25 mg	†
RNA (ribonucleic acid)	21 mg	†
Apple Pectin	20 mg	†
PABA (para-aminobenzoic acid)	15 mg	†
Bromelain (from pineapple fruit) (24 gelatin digesting units)	12 mg	†
Hesperidin Complex (from <i>Citrus limon</i> exocarp)	10 mg	†
Chlorophyll (from spirulina)	7.5 mg	†
DNA (deoxyribonucleic acid)	6 mg	†
Amylase (from <i>Aspergillus oryzae</i> fermentation)	5 mg	†
Lipase (from <i>Rhizopus oryzae</i> fermentation)	5 mg	†
Carotenoids	4 mg	†
Eriocitrin (from <i>Citrus limon</i> exocarp)	3 mg	†
Octacosanol	200 mcg	†

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

†Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, di-calcium phosphate, stearic acid, magnesium oxide, vegetable cellulose, ferrous fumarate, 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. 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

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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, three 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.



**TAKE ALL THREE
SOURCE OF LIFE
TABLETS IN THE ENCLOSED
PACKET. RECEIVE A BURST OF
ENERGY WITHIN TWO HOURS OR
RETURN THE UNOPENED BOTTLE
FOR A FULL REFUND.**

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PRODUCT NO. 3057



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