

**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.
Mineral aminoates are whole brown rice chelates.

DIRECTIONS: As a dietary supplement, chew two wafers 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.

Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc.
makers of **Nature's Plus**

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PRODUCT NO. 3086



Now with
Methylcobalamin
& Methylfolate!

Natures Plus®

Source of Life®

Guaranteed
Burst of Energy®

ADULT'S CHEWABLE
Multi-Vitamin & Mineral Supplement
WITH WHOLE FOOD CONCENTRATES

GLUTEN
Free



Delicious Apple Cinnamon Flavor
Vegetarian • Hypo-Allergenic • 90 Wafers

Supplement Facts

Serving Size 2 Wafers
Servings Per Container 45

	Amount Per Serving	%DV
Calories	40	
Total Carbohydrate	10 g	3% **
Sugars	9 g	
Vitamin A (as beta carotene)	5,000 IU	100%
Vitamin C (as ascorbic acid)	300 mg	500%
Vitamin D3 (as cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
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)	25 mg	125%
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)	25 mg	250%
Calcium (as aminoate complex)	100 mg	10%
Iron (as aminoate complex)	4.5 mg	25%
Iodine (from kelp)	150 mcg	100%
Magnesium (as aminoate complex)	50 mg	13%
Zinc (as aminoate complex)	10 mg	67%
Selenium (as aminoate complex)	20 mcg	29%
Copper (as aminoate complex)	1 mg	50%
Manganese (as aminoate complex)	5 mg	250%
Chromium (as picolinate)	25 mcg	21%
Molybdenum (as aminoate complex)	37.5 mcg	50%
Potassium (as aminoate complex)	13 mg	<1%
Nutrient Base (spirulina, ginseng [<i>Panax ginseng</i> root], octacosanol)	350 mg	†
Enzyme Complex (bromelain [from pineapple fruit], papain [from papaya fruit], betaine HCl, apple pectin, amylase [from <i>Aspergillus oryzae</i> fermentation], lipase [from <i>Rhizopus oryzae</i> fermentation])	50 mg	†
Lipid Complex (black currant fruit, sunflower oil)	25 mg	†
Inositol	25 mg	†
Bioflavonoid Complex (flavonols, flavonones, flavones, hesperidin [from <i>Citrus</i> spp. whole fruit], quercetin and rutin [from <i>Dimorphandra mollis</i> and <i>Sophora japonica</i>])	20 mg	†
Choline (as bitartrate)	15 mg	†
PABA (para-aminobenzoic acid)	5 mg	†
Plant Pigment Complex (chlorophyll [from spirulina], carotenoids)	4 mg	†

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

†Daily Value (DV) not established.

Other ingredients: Fructose, guar gum, calcium carbonate, natural apple flavor, stearic acid, magnesium oxide, natural color (curcumin), magnesium stearate, silica, cinnamon, potassium iodide, natural vanilla flavor, microcrystalline cellulose, astragalus root, ligustrum berry, schisandra fruit, *Echinacea angustifolia* root, Irish moss (*Chondrus crispus*), thyme leaf and rice bran.