

• ENERGY ON THE GO! •

Nature's Plus®
The Energy Supplements®

Source of Life® **GLUTEN Free**
Multi-Vitamin & Mineral Supplement
WITH WHOLE FOOD CONCENTRATES

No Iron



Vegetarian • Hypo-Allergenic • 90 Tablets

Supplement Facts

Serving Size 3 Tablets, Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	
Calories	20	Spirulina	1000 mg†
Total Carbohydrate	3 g	Essential Fatty Acid—Rich Whole Food	220 mg†
Dietary Fiber	1 g	Energy Blend: Black Currant, Sunflower Seed, Octadecanoic Acid	
Protein	1 g	Bioflavonoids (from <i>Citrus limon</i> exocarp) (active flavanols, flavanones, flavones & naringin [26 mg])	60 mg†
Vitamin A (as beta carotene)	10,000 IU	Ginseng Root (Korean)	50 mg†
Vitamin C (as ascorbic acid)	1000 mg	Choline (as bitartrate)	30 mg†
Vitamin D3 (as cholecalciferol)	1000 IU	Inositol	30 mg†
Vitamin E (as d-alpha	200 IU	Quercetin (from <i>Dimorphandra mollis</i>)	30 mg†
tocopheryl succinate)		Papain (from papaya fruit)	30 mg†
Vitamin K2 (as menaquinone-4,	80 mcg	Rutin (from <i>Sophora japonica</i> leaf)	25 mg†
menaquinone-7)		Betaine HCl	25 mg†
Thiamin (as thiamine HCl)	25 mg	RNA (ribonucleic acid)	21 mg†
Riboflavin (vitamin B2)	25 mg	Apple Pectin	20 mg†
Niacin (as niacinamide)	40 mg	PABA (para-aminobenzoic acid)	15 mg†
Vitamin B6 (as pyridoxine HCl)	25 mg	Bromelain (from pineapple fruit) (24 gelatin digesting units)	12 mg†
Folate (as folic acid)	400 mcg	Hesperidin (from <i>Citrus limon</i> exocarp)	10 mg†
Vitamin B12 (as cyanocobalamin)	1000 mcg	Chlorophyll (from spirulina)	7.5 mg†
Biotin	100 mcg	DNA (deoxyribonucleic acid)	6 mg†
Pantothenic Acid	60 mg	Amylase (from brown rice fermentation)	5 mg†
(as calcium pantothenate)		Lipase (from brown rice fermentation)	5 mg†
Calcium (as aminoate complex)	200 mg	Carotenoids	4 mg†
Iodine (from kelp)	150 mcg	Eriocitrin (from <i>Citrus limon</i> exocarp)	3 mg†
Magnesium	100 mg	Octacosanol	200 mcg†
(as aminoate complex)			
Zinc (as aminoate complex, picolinate) 15 mg	100%		
Selenium (as aminoate complex)	25 mcg		
Copper (as aminoate complex)	0.5 mg		
Manganese (as aminoate complex)	4 mg		
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, three
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.**

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Natural Organics Laboratories, Inc.
makers of **Nature's Plus**
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PRODUCT NO. 30581



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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. Mineral aminoates are whole brown rice chelates.

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