

• ENERGY ON THE GO! •

Nature's Plus®
The Energy Supplements®

Source of Life®

Multi-Vitamin & Mineral Supplement
WITH WHOLE FOOD CONCENTRATES • FAST ACTING

GLUTEN
Free

Capsules



Hypo-Allergenic • 90  Vegetarian
CAPSULES

Supplement Facts

Serving Size 9 Capsules

Servings Per Container 10

Amount Per Serving		%DV	Amount Per Serving	
Calories	25		Spirulina	1000 mg†
Total Carbohydrate	4 g	1%**	Essential Fatty Acid-Rich Whole Food...	220 mg†
Dietary Fiber	2 g	6%**	Energy Blend: Black Currant,	
Protein	2 g		Sunflower Seed, Octadecanoic Acid	
Vitamin A (as beta carotene)	10,000 IU	200%	Bioflavonoids (from <i>Citrus limon</i> exocarp)	60 mg†
Vitamin C (as ascorbic acid)	1000 mg	1667%	(active flavonols, flavonones,	
Vitamin D3 (as cholecalciferol)	1000 IU	250%	flavones & naringin [26 mg])	
Vitamin E (as d-alpha-tocopheryl succinate)	200 IU	667%	Ginseng Root (Korean)	50 mg†
Vitamin K2 (as menaquinone-4, ... menaquinone-7)	80 mcg	100%	Bromelain (from pineapple fruit)	40 mg†
Thiamin (as thiamine HCl)	25 mg	1667%	(24 gelatin digesting units)	
Riboflavin (vitamin B2)	25 mg	1471%	Choline (as bitartrate)	30 mg†
Niacin (as niacinamide)	40 mg	200%	Inositol	30 mg†
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%	Quercetin (from <i>Dimorphandra mollis</i>)	30 mg†
Folate (as folic acid)	400 mcg	100%	Papain (from papaya fruit)	30 mg†
Vitamin B12 (as cyanocobalamin)	1000 mcg	16,667%	Rutin (from <i>Sophora japonica</i> leaf)	25 mg†
Biotin	100 mcg	33%	Betaine HCl	25 mg†
Pantothenic Acid (as calcium pantothenate)	60 mg	600%	RNA (ribonucleic acid)	21 mg†
Calcium (as aminoate complex)	200 mg	20%	Apple Pectin	20 mg†
Iron (as aminoate complex, ascorbate)	18 mg	100%	PABA (para-aminobenzoic acid)	15 mg†
Iodine (from kelp)	150 mcg	100%	Hesperidin (from <i>Citrus limon</i> exocarp)	10 mg†
Magnesium (as aminoate complex)	100 mg	25%	Chlorophyll (from spirulina)	7.5 mg†
Zinc (as aminoate complex, picolinate)	15 mg	100%	DNA (deoxyribonucleic acid)	6 mg†
Selenium (as aminoate complex)	25 mcg	36%	Amylase (from brown rice fermentation)	5 mg†
Copper (as aminoate complex)	0.5 mg	25%	Lipase (from brown rice fermentation)	5 mg†
Manganese (as aminoate complex)	4 mg	200%	Carotenoids	4 mg†
Chromium (as aminoate complex)	20 mcg	17%	Eriocitrin (from <i>Citrus limon</i> exocarp)	3 mg†
Molybdenum (as aminoate complex)	37.5 mcg	50%	Octacosanol	200 mcg†
Potassium (as aminoate complex)	50 mg	1%		

Other ingredients: Microcrystalline cellulose, calcium carbonate, magnesium oxide, magnesium stearate, potassium chloride, potassium iodide, schisandra fruit, astragalus root, *Echinacea angustifolia* root, Irish moss (*Chondrus crispus*), thyme leaf, ligustrum berry, rice bran, vegetable cellulose (USP) and purified water. Mineral aminoates are whole brown rice chelates.

**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, nine capsules 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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