

Recharge Your Life – Step Up To The Gold!

Now with
Methylcobalamin
& Methylfolate!

Natures Plus®

Source of Life®
GOLD

Mini-Tabs

The Ultimate Multi-Vitamin Supplement
with Concentrated Whole Foods

Guaranteed
Burst of Energy®

With Açai, Resveratrol, Vit. D3, Vit. K2,
CoQ10 And Over 120 Whole Foods!



GLUTEN
Free

Vegetarian • Hypo-Allergenic • 180 Tablets

Nutritional Support for Free Radical Defense, Natural Energy Production and Overall Well-Being.*

Free from artificial colors and preservatives. Free from the common allergens 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.**

Supplement Facts

Serving Size 6 Tablets	Servings Per Container 30	
Amount Per Serving		%DV
Calories	5	
Protein	1 g	
Vitamin A (as beta carotene; from <i>Blakeslea trispora</i> , 15,000 IU		300%
Spirulina and <i>Dunaliella salina</i> : potentiated by zeaxanthin, lutein, lycopene, xanthophylls)		
Vitamin C (as ascorbic acid; esterified C [ascorbyl palmitate]; naturally occurring from Organic Gold Standard++)	1010 mg	1683%
Vitamin D3 (as cholecalciferol from lichen)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	250 IU	833%
Vitamin K2 (as menaquinone-4 and naturally occurring from Organic Gold Standard++)	100 mcg	125%
Thiamin (as thiamine HCl; naturally occurring from Organic Gold Standard++)	30 mg	2000%
Riboflavin (as riboflavin; naturally occurring from Organic Gold Standard++)	30 mg	1764%
Niacin (as niacinamide; naturally occurring from Organic Gold Standard++)	125 mg	625%
Vitamin B6 (as pyridoxine HCl; naturally occurring from Organic Gold Standard++)	30 mg	1500%
Folate (as calcium-L-5-methyltetrahydrofolate; naturally occurring from Organic Gold Standard++)	425 mcg	106%
Vitamin B12 (as methylcobalamin)	1000 mcg	16,667%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium pantothenate; naturally occurring from Organic Gold Standard++)	125 mg	1250%
Calcium (as citrate, organic chelates from <i>Spirulina platensis</i> , di-calcium phosphate and from whole foods)	250 mg	25%
Iodine (from kelp, potassium iodide)	150 mcg	100%
Magnesium (as aminoate** complex)	125 mg	31%
Zinc (as aminoate** complex, picolinate)	15 mg	100%
Selenium (as aminoate** complex)	70 mcg	100%
Copper (chlorophyllin; as aminoate** complex)	4.5 mg	225%
Manganese (as aminoate** complex)	4 mg	200%
Chromium (as aminoate** complex)	120 mcg	100%
Potassium (as aminoate** complex; naturally occurring from spirulina)	60 mg	2%

Whole Food PhytoAlgae & Organic Mushroom Blend++ 800 mg†
Proprietary complex of Fucaceae (*Ascophyllum nodosum*), Laminaria brown algae (*Laminaria digitata*), Irish moss (*Chondrus crispus*), dulse (*Palmaria palmata*), red seaweed (*Lithothamnium calcareum*), spirulina algae (*Spirulina platensis*), bladderwrack (*Fucus vesiculosus*), hijiki (*Sargassum fusiforme*), wakame (*Ularia esculenta*), nori (*Porphyra yezoensis*), kombu (*Laminaria setchellii*); mushrooms: wood ear, Cordysim™ (*Bionectria ochroleuca*), maitake, shiitake, oyster mushroom, white wood ear, chlorophyll (from spirulina and copper chlorophyllin) from concentrate

Multi Color Whole Food Blend++ 725 mg†

++Organic Gold Standard Whole Food Complex (guava, holy basil, lemon, amla fruit) (standardized naturally occurring B complex and vitamin C)

Energizing and Cleansing Green Whole Food Blend (300 mg)
Cooked whole brown rice, spirulina, fructooligosaccharides (FOS), camu-camu, beet greens, cabbage, parsley, celery seed, papaya, broccoli, spinach, pea, milk thistle, Chinese green tea leaf (decaffeinated), turmeric, Korean ginseng, astragalus, *Echinacea purpurea*, green coffee bean, thyme, ligustrum berry, rice bran, chlorella, olive, cucumber, juniper berry

Strength and Endurance White Whole Food Blend (120 mg)
Sage, konjac root fiber, acacia, date, banana, potato, horseradish, white tea, *Phaseolus vulgaris* bean, artichoke, parsnip, turnip, cauliflower, ginger, chia, chicory root, garlic, onion, lemon, citrus pectin, bamboo (*Bambusa vulgaris* stem), shiitake mushroom

Amount Per Serving

Defense and Repair Whole Food Blend (115 mg)

Carrot, mango, grapefruit, apple cider vinegar, pear, honeydew melon, pineapple, yellow squash, kiwi, sunflower seed, oregano leaf, pumpkin, fennel seed, annatto seed, clove, hops, rosemary, tangerine, lemongrass, marigold flower, watercress, cinnamon, flax, guava

Brain Support Blue Whole Food Blend (55 mg)

Black currant extract, blueberry, blackberry, elderberry, lingonberry, agave, plum, cherry, purple fig, passion fruit, kale, rhubarb root, acerola, beet, hibiscus, pomegranate extract, wolfberry (goji), açai, grape seed extract, carob, prune, rose hips

Anti-Aging Red Whole Food Blend (65 mg)

Noni, mangosteen, apple, apricot, cranberry, orange, peach, red raspberry, gooseberry, strawberry, tomato, lycopene, red grape, red wine (alcohol-free), black raspberry, bilberry, nopal cactus, purple carrot, schisandra, fenugreek, watermelon

Amino Acids (from spirulina, Whole Food PhytoAlgae, chia ... 510 mg† and mineral aminoates) (isoleucine, histidine, leucine, arginine, lysine, aspartic acid, methionine, serine, cysteine, glutamic acid, threonine, proline, phenylalanine, glycine, tryptophan, alanine, valine, tyrosine, glutamine, aspartate)

Whole Food Omega Fatty Acid & Prebiotic Fiber Blend ... 200 mg† supplying 85 mg of Omega-3, Omega-9, and other healthful fatty acids (from chia, spirulina, sunflower seed, black currant, borage and flax)

Enzyme Blend: Bromelain (from pineapple) (80 gelatin digesting units), amylase, lipase, papain (from papaya), betaine HCl, lactase, protease, cellulase, **Activessence®** (cellulase, pectinase, hemicellulase and xylanase)

Anti-Aging Blend: Alpha-lipoic acid, R-lipoic acid, MSM, glutathione, NAC, turmeric (std. curcumin), grape (*Vitis vinifera*) seed extract (std. proanthocyanidins)

Trans-Resveratrol (from standardized extracts of *Polygonum cuspidatum* root, grape seed [*Vitis vinifera*], red wine concentrate [alcohol free] [*Vitis vinifera* fruit]) 50 mg†

Coenzyme Q10 (pharmaceutical grade) 50 mg†

Inositol 50 mg†

Bioflavonoid Complex (from *Citrus spp.*) (active flavonols, flavanones, flavones & naringin) **30 mg†**. **Whole Food Fiber Complex:** Apple pectin, arabinogalactan, modified citrus pectin, soluble vegetable oligosaccharides, flax **30 mg†**, Choline (as bitartrate) **30 mg†**, Korean Ginseng Root (*Panax ginseng*) **25 mg†**, PABA (para-aminobenzoic acid) **25 mg†**, RNA (ribonucleic acid) (from spirulina), Quercetin (from *Dimorphandra mollis*) **10 mg†**, **Trace Mineral Complex** (soluble prehistoric plant-based minerals and rare earth elements) **10 mg†**, DNA (deoxyribonucleic acid) (from spirulina), Chlorophyll (from spirulina) **7.5 mg†**, Rutin (from *Sophora japonica* leaf) **5 mg†**, Hesperidin Complex (from *Citrus aurantium* exocarp) **5 mg†**, Carotenoids (from whole foods) **4 mg†**, Lutein (from marigold) **3 mg†**, Lycopene **2.5 mg†**

Full Spectrum Probiotic Blend (28 million viable cells at time of manufacture) – supplying *Lactobacillus acidophilus*, FOS (fructooligosaccharides), *L. plantarum*, *L. casei*, *L. bulgaricus*, *L. brevis*, *L. rhamnosus*, *L. lactis*, *Bifidobacterium lactis*, *B. bifidum*, *L. sporogenes* (*B. coagulans*)

Boron (as citrate) 1 mg†

Octacosanol 200 mcg†

† Daily Value (DV) not established.

++ See Multi Color Whole Food Blend.

** Whole brown rice chelate

†† For details, visit www.naturesplus.com.

Other ingredients: Vegetable cellulose, di-calcium phosphate, microcrystalline cellulose, magnesium oxide, stearic acid, magnesium stearate, zinc sulfate, manganese sulfate, silica, pharmaceutical glaze.

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PRODUCT NO. 30714



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