

Nature's Plus. The Energy Supplements.



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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 D (as ergocalciferol/cholecalciferol)	700 IU 175%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU 667%
Vitamin K2 (as menatetrenone)	50 mcg 63%
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 folic acid)	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	200 mcg 3333%
Biotin	100 mcg 33%
Pantothenic Acid (as calcium pantothenate)	60 mg 600%
Calcium (as aminoate complex)	200 mg 20%
Iron (as aminoate complex, ascorbate)	4.5 mg 25%
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%

Amount Per Serving	%DV
Potassium (as aminoate complex)	50 mg 1%
Red Lightning Proprietary Blend (30 whole foods)†	500 mg†
Spirulina	500 mg†
Proprietary Anti-Aging Blend†	125 mg†
Essential Fatty Acid-Rich Whole Food Energy Blend:	220 mg†
black currant, sunflower seed, octadecanoic acid	
Bioflavonoids (from <i>Citrus limon</i> exocarp)†	60 mg†
Ginseng Root (Korean)	50 mg†
Bromelain (from pineapple fruit) (24 GDU)	40 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†
Apple Pectin	20 mg†
PABA (para-aminobenzoic acid)	15 mg†
RNA (ribonucleic acid) (from spirulina)	13.5 mg†
Hesperidin (from <i>Citrus limon</i> exocarp)	10 mg†
Chlorophyll (from Whole Food Blend/spirulina)	6 mg†
DNA (deoxyribonucleic acid) (from Whole Food Blend)	6 mg†
Amylase (from brown rice fermentation)	5 mg†
Lipase (from brown rice fermentation)	5 mg†
Carotenoids (from Whole Food Blend)	4 mg†
Eriocitrin (from <i>Citrus limon</i> exocarp)	3 mg†
Lycopene (active carotenoid from tomato)	2.5 mg†
Lutein (active carotenoid from marigold flower extract)††	1.5 mg†
Proanthocyanidins (from Whole Food Blend)	250 mg†
Octacosanol	200 mg†

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

†Daily Value (DV) not established.

Nutritional Support for Free Radical Defense, 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.

†† **FloraGLO** LUTEN 3 is a registered trademark of Kemira Industries, Inc.

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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PRODUCT NO. 30551



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Other ingredients: **Multi Color Whole Food Lightning Proprietary Blend** (115 fruits and vegetables)†, microcrystalline cellulose, di-calcium phosphate, beet juice, non-GMO maltodextrin (from potato), citric acid, sodium ascorbate, magnesium oxide, stearic acid, zinc sulfate, magnesium stearate, potassium chloride, ferrous fumarate, manganese sulfate, silica, astragalus root, ligustrum berry, schisandra fruit, potassium iodide and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.
†For details, see outer carton or visit www.naturesplus.com