

Recharge Your Life – Step Up To The Gold!

Nature's Plus®
The Energy Supplements®

Source of Life®
GOLD
Capsules



Guaranteed Burst of Energy®

The Ultimate Multi-Vitamin Supplement with Concentrated Whole Foods

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

GLUTEN Free

Vegetarian • Hypo-Allergenic 90 Vegetarian CAPSULES

**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, nine capsules 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 9 Capsules

Servings Per Container 10

Amount Per Serving	%DV
Calories	5
Protein	1 g
Vitamin A (as beta carotene; from <i>Blaeslea 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††)	1683%
Vitamin D3 (as cholecalciferol from Lichen)	250 IU
Vitamin E (as d-alpha tocopheryl succinate)	100 mcg
Vitamin K2 (as menaquinone-4 and menaquinone-7)	125%
Thiamin (as thiamine HCl; naturally occurring from Organic Gold Standard††)	30 mg
Riboflavin (as riboflavin; naturally occurring from Organic Gold Standard††)	30 mg
Niacin (as niacinamide; naturally occurring from Organic Gold Standard††)	125 mg
Vitamin B6 (as pyridoxine HCl; naturally occurring from Organic Gold Standard††)	30 mg
Folate (as calcium-L-5-methyltetrahydrofolate; naturally occurring from Organic Gold Standard††)	425 mcg
Vitamin B12 (as methylcobalamin)	1000 mcg
Biotin	300 mcg
Pantothenic Acid (as calcium pantothenate; naturally occurring from Organic Gold Standard††)	125 mg
Calcium (as citrate, organic chelates from <i>Spirulina platensis</i> , di-calcium phosphate and from whole foods)	250 mg
Iodine (from kelp, potassium iodide)	150 mcg
Magnesium (as aminoate** complex)	125 mg
Zinc (as aminoate** complex, picolinate)	15 mg
Selenium (as aminoate** complex)	70 mcg
Copper (chlorophyllin; as aminoate** complex)	4.5 mg
Manganese (as aminoate** complex)	4 mg
Chromium (as aminoate** complex)	120 mcg
Potassium (as aminoate** complex; naturally occurring from spirulina)	60 mg

Whole Food PhytoAlgae & Organic Mushroom Blend†† 800 mg†
Proprietary complex of Fucaea (*Ascophyllum nodosum*), Laminaria brown algae (*Laminaria digitata*), Irish moss (*Chondrus crispus*), dulce (*Palmaria palmata*), red seaweed (*Lithothamnium calcareum*), spirulina algae (*Spirulina platensis*), bladderwrack (*Fucus vesiculosus*), hijiki (*Sargassum fusiforme*), wakame (*Ulva esculenta*), nori (*Porphyra yezoensis*), kombu (*Laminaria setchellii*); mushrooms: wood ear, Cordusim† (*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 (*Psidium guajava*), holy basil (*Ocimum tenuiflorum*), lemon, amla (*Emblica officinalis*) fruit (std. naturally occurring B complex and vitamin C)
Energyizing 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, archocho, parsnip, turnip, cauliflower, ginger, chia, chicory root, garlic, onion, lemon, citrus pectin, bamboo (*Bambusa vulgaris* stem), shiitake mushroom

Amount Per Serving

Defense and Repair Yellow 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, lemon grass, 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, kase, 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 and 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, Activescence® (cellulase, pectinase, hemicellulase and xylanase)
Anti-Aging Blend: Alpha-lipoic acid, L-lipoic acid, MSM, ... 50 mg† 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†
Coenzymes Q10 (pharmaceutical grade) 50 mg†
Inositol 50 mg†
Bioflavonoids Complex (from *Citrus*) (active flavonols, flavonones, 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) **24 mg†**, 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) **8 mg†**, Chlorophyll (from spirulina) **7.5 mg†**, Rutin (from *Sophora japonica* leaf) **5 mg†**, Hesperidin Complex (from *Citrus*) **5 mg†**, Carotenoids (from whole foods) **4 mg†**, Lutein (from marigold) **3 mg†**, Eriocitrin (from *Citrus*) **3 mg†**, Lycopene (from tomato) **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 mg†

† Daily Value (DV) not established.

††See Multi Color Whole Food Blend. **Whole brown rice chelate

Made with Vitashine™

††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, and purified water.

LBL 1135194

PRODUCT NO. 30716



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Manufactured with LOVE ♥ by Natural Organics

Laboratories, Inc., makers of Nature's Plus

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