

**Nutritional Support for Natural Energy Production
and Overall Well-Being.***

IN A SPECIAL BASE WHICH PROVIDES FOR THE GRADUAL RELEASE
OF INGREDIENTS OVER A PROLONGED PERIOD OF TIME.

Free from artificial colors and preservatives.

DIRECTIONS: As a dietary supplement, one tablet 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 over-
dose, 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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PRODUCT NO. 3230



Yeast Free

Nature's Plus®

The Energy Supplements®

SUSTAINED RELEASE

POWER-PLEX®

Multi-Vitamin & Mineral Supplement

90 Tablets



MICRO-GEL SUSTAINED RELEASE SYSTEM

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Vitamin A (as beta carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	300 mg	500%
Vitamin D (as ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Thiamin (vitamin B1) (as thiamine HCl)	25 mg	1667%
Riboflavin (vitamin B2)	25 mg	1471%
Niacin (as niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%
Folate (as folic acid)	100 mcg	25%
Vitamin B12 (as cyanocobalamin)	250 mcg	4167%
Biotin	20 mcg	7%
Pantothenic Acid (as calcium pantothenate)	46 mg	460%
Calcium (as amino acid chelate/complex)	26 mg	3%
Iron (as amino acid chelate/complex)	25 mg	139%
Phosphorus (as amino acid complex)	13.5 mg	1%
Magnesium (as amino acid chelate/complex)	7.2 mg	2%
Zinc (as amino acid chelate)	0.18 mg	1%
Copper (as amino acid chelate)	0.28 mg	14%
Manganese (as amino acid chelate/complex)	6.1 mg	305%
Potassium (as amino acid complex)	0.1 mg	<1%
Inositol	50 mg	†
PABA (para-aminobenzoic acid)	25 mg	†
Betaine HCl	25 mg	†
Lecithin (soya)	25 mg	†
Rutin (from <i>Sophora japonica</i> leaf)	25 mg	†
Bioflavonoids (from <i>Citrus limon</i> exocarp)	25 mg	†
Choline (as bitartrate)	21 mg	†
Hesperidin (from <i>Citrus limon</i> exocarp)	5 mg	†

†Daily Value (DV) not established.

Other ingredients: Di-calcium phosphate, microcrystalline cellulose, hydroxypropyl methylcellulose, ferrous fumarate, silica, rose hips, stearic acid, manganese gluconate, magnesium oxide, calcium carbonate, watercress, horsetail root, rice bran, isolated soy protein, magnesium stearate, papaya, parsley, Pacific kelp, alfalfa, green cabbage, acerola cherry and wheat germ flour.