Supplements



Golden Years® Tablets

Product No. 3162

A balanced multi-vitamin and mineral supplement specially prepared with higher potencies of Calcium, Magnesium, Betaine HCl, Phosphatidylcholine, RNA, DNA and additional antioxidant protection for mature adults. Golden Years® is a six-tablet formula, offering smaller tablets, along with the convenience of adjusting the formula to fit your individual needs. Many people are aware that their regular diet does not consistently supply enough of the food-based nutrients their bodies need. Nature's Plus offers a wide array of vitamin and mineral supplements which can effectively fill many of those nutritional gaps.

Bottles of:
90 #3162
180 #3163

Supplement Facts

Serving Size 6 Tablets

Ingredient	Amount	% Daily Value
Vitamin A (as beta carotene)	10000 IU	200 %
Vitamin C (as ascorbic acid)	250 mg	417 %
Vitamin D (as ergocalciferol)	400 IU	100 %
Vitamin E (as d-alpha tocopheryl succinate)	100	333 %
Thiamin (vitamin B-1) (as thiamine HCl)	25 mg	1,667 %
Riboflavin (vitamin B-2)	25 mg	1,471 %
Niacin (as niacinamide)	50 mg	250 %
Vitamin B-6 (as pyridoxine HCl)	25 mg	1,250 %
Folate (as folic acid)	400 mcg	100 %
Vitamin B-12 (as cyanocobalamin)	100 mcg	1,667 %
Biotin	100 mcg	33 %
Pantothenic Acid (as calcium pantothenate)	50 mg	500 %
Calcium (as amino acid chelate/complex)	300 mg	30 %
Iron (as amino acid chelate/complex)	18 mg	100 %
Phosphorus (as amino acid complex)	75 mg	8 %
Iodine (from kelp)	150 mcg	100 %
Magnesium (as amino acid chelate/complex)	150 mg	38 %
Zinc (as amino acid chelate/complex)	20 mg	133 %
Selenium (as amino acid complex)	50 mcg	71 %
Copper (as amino acid chelate)	0.5 mg	25 %
Manganese (as amino acid chelate/complex)	10 mg	500 %
Chromium (as amino acid chelate)	50 mcg	42 %
Potassium (as amino acid complex)	15	< 1 %
Betaine HCl (from beet molasses)	175 mg	†
Phosphatidylcholine	100 mg	†
Vitamin F *(unsaturated fatty acids) (from safflower oil)*	100 mg	†
Inositol	75 mg	†
RNA (ribonucleic acid)	75 mg	†
L-Glutamine (free form amino acid)	50 mg	†
Choline (as bitartrate)	32 mg	†
Bioflavonoids (from Citrus sinensis, *Citrus limon* fruit)	25 mg	†
PABA (para-aminobenzoic acid)	20 mg	†
Rutin (from *Saphora japonica* leaf)	10 mg	†

New For You!



SKINNY MINI" Double Chocolate Fudge Crunch Shake A breakthrough weight-loss product that delivers energizing, diet-enhancing nutrition while satisfying dieters deepest cravings for rich, decadent chocolate taste.



Ultra Rx-Joint® Liquid Newly improved Ultra Rx-Joint Liquid. Enhanced absorption; rare earth trace elements, for even greater joint support; and an incredibly delicious, all-natural, honey-lemon flavor! 8-Ounce Travel Size provides a whole new dimension of freedom and convenience.

L-Glutathione	10 mg	†
Hesperidin (from Citrus sinensis, *Citrus limon* fruit)	10 mg	†
DNA (deoxyribonucleic acid)	7.5 mg	†

Other Ingredients:
Microcrystalline cellulose, stearic acid, rice bran, magnesium stearate, rose hips, silica, lecithin, alfalfa, papaya, bromelain (from pineapple fruit), watercress (Rorippa nasturtium-aquaticum), parsley, green cabbage (*Brassica oleracea* leaf), pharmaceutical glaze

* Percent of Daily Value based on a 2,000 calorie diet.
† Daily Value (DV) not established.

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