

Amount Per Serving	% DV
Mind & Body Energy Blend 30 mg **	
Ginkgo biloba Extract (leaf); Siberian Eleuthero (root); Rhodiola Rosea Extract (root) standardized to 3% rosavins and 1% salidroside; Korean Ginseng (root); Gotu Kola (stem, leaf) 10009320	
Cardiovascular Blend with Resveratrol 20 mg **	
Hawthorn (berry); Japanese Knotweed standardized to 50% resveratrol; Coenzyme Q10 (ubiquinone) 10009322	
CranRx™ Urinary Anti-Adherence 100% Whole Cranberry 20 mg **	
Fruit solids (Early Black variety) standardized to PACs (proanthocyanidins) 10008335	
Flax Lignan Blend with SDG Lignans 20 mg **	
High lignan flax fiber (seed); Flax lignan extract (seed hulls) standardized to 20% secoisolariciresinol diglycoside (SDG) lignan 10008335	
Green Food/Spirulina Blend 20 mg **	
Spirulina (microalgae); Kelp/Bladderwrack (whole thallus); Alfalfa (leaf, stem); Barley Grass (grass); Dandelion (leaf); Wheat Grass (grass); Melissa (leaf); Lemon Grass (grass); Nettle (leaf); Blessed Thistle (stem, leaf, flower); Chlorella (broken-cell microalgae); Plantain (leaf); Blue Green Algae (microalgae); Cilantro (leaf) 10008335	
Organic Mushroom Defense Blend 20 mg **	
Cordyceps; Reishi; Shitake; Hiratake; Maitake; Yamabushitake; Himematsutake; Kawaratake; Chaga; Zhu Ling; Agarikon; Mesima	
Digestive Enzyme Blend 20 mg **	
Concentrated enzyme formula (Protease I, Protease II, Peptizyme SP, Amylase, Lactase, Invertase, Lipase, Cellulase, Alpha Galactosidase); Betaine HCl; Bromelain (from pineapple); Papain (from papaya) 10008335	
Citrus Bioflavonoid Complex 20 mg **	
(from lemon, orange, grapefruit, lime, tangerine) providing: Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones	
Choline (as choline bitartrate) 10 mg **	
Inositol 10 mg **	
Rutin 5 mg **	
Lutein (from marigold) 1 mg (1,000 mcg) **	
Boron (as amino acid chelate) 1 mg (1,000 mcg) **	

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

Other ingredients: Vegetable stearic acid, Cellulose, Vegetable modified cellulose gum, Silica, Vegetable modified cellulose, Vegetable magnesium stearate, Vegetable glycerin

Contains no salt, sugar, yeast, wheat grain, dairy products, artificial flavoring, colors or preservatives.

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THE MOST COMPLETE ONCE DAILY MULTI-VITAMIN FOR WOMEN 50+

Alive! Ultra Potency is nutrition you can feel with more energizing nutrients from more natural sources than other multi-vitamin brands.

- Extra B-vitamins for energy*
- 1,000 IU of vitamin D3
- Plant-based Aquamin® calcium
- Potent citrus bioflavonoids
- Flax Lignan, CranRx™ and Mind & Body Energy support blends*



WHOLE BODY NOURISHMENT with essential nutrients that help support:

BREAST HEALTH* Vitamin D, Lignans / **URINARY HEALTH*** CranRx™
MIND & BODY ENERGY* Ginkgo biloba, Ginseng, Rhodiola, Eleuthero

BONE HEALTH* Boron, Calcium, Folic Acid, Magnesium, Manganese, Vitamins D & K
COLON HEALTH* Calcium, Folic Acid, Selenium, Vitamin D

DAILY ENERGY* Magnesium, Niacin, Pantothenic Acid, Riboflavin, Thiamin, Vitamin B6
EYE HEALTH* Lutein, Selenium, Vitamin A (Beta Carotene), Vitamins C & E, Zinc

HEART HEALTH* Folic Acid, Pomegranate, Resveratrol, Vitamins B6, B12, C & E
IMMUNE DEFENSE* Antioxidants, Selenium, Vitamins A, C & D, Zinc

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

NEW

Nature's Way

Alive! Once Daily Women's 50+ ULTRA POTENCY

MULTI-VITAMIN & WHOLE FOOD ENERGIZER™

26 Fruits & Vegetables • Green Foods • Mushrooms
Enzymes • Antioxidants • Lutein • Resveratrol

DIETARY SUPPLEMENT • 60 TABLETS

SATISFACTION GUARANTEED. Safety sealed for your protection with printed outer shrinkwrap and printed inner freshness seal under bottle cap. Do not use if either seal is broken or missing. Store at room temperature. Keep bottle tightly closed. Keep out of reach of children.



(LS98) 10726951X87

Recommendation: Take 1 tablet daily, preferably with food. As with any supplement, if you are pregnant, nursing or taking medication, consult your doctor before use. Not formulated for children. Do not exceed recommended use.

Supplement Facts

Serving Size 1 Tablet / Servings Per Container 60

Amount Per Serving	% DV
Vitamin A (50% [3,750 IU] as Vitamin A acetate and 50% [3,750 IU] as beta carotene)	150%
Vitamin C (ascorbic acid)	200%
Vitamin D (as cholecalciferol)	250%
Vitamin E (as d-alpha tocopheryl succinate)	333%
Vitamin K (as phytonadione)	125%
Thiamin (as thiamin mononitrate)	1,667%
Riboflavin (Vitamin B2)	1,471%
Niacin (as niacinamide)	250%
Vitamin B6 (as pyridoxine HCl)	2,000%
Folic Acid	200%
Vitamin B12 (as cyanocobalamin)	3,750%
Biotin	108%
Pantothenic Acid (as d-calcium pantothenate)	400%
Calcium (from Aquamin® calcified mineral source Red Algae Lithothamnium sp. [whole plant])	20%
Iodine (as potassium iodide)	100%
Magnesium (from Aquamin® calcified mineral source Red Algae Lithothamnium sp. [whole plant], as oxide)	25%
Zinc (as zinc oxide)	100%
Selenium (as sodium selenate)	357%
Copper (as copper sulfate)	100%
Manganese (as manganese sulfate)	250%
Chromium (as chromium picolinate)	208%
Molybdenum (as sodium molybdate)	100%
Orchard Fruits™ Blend (Pomegranate (seed); Acai Extract (whole palm fruit); Juice Powders: Grape; Plum; Cranberry; Blueberry; Strawberry; Blackberry; Bilberry; Cherry; Apricot; Papaya; Orange; Pineapple)	30 mg **
Garden Veggies™ Juice Powder Blend (Parsley; Kale; Spinach; Wheat Grass; Brussels Sprout; Asparagus; Broccoli; Cauliflower; Beet; Carrot; Cabbage; Garlic)	30 mg **

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Manganese (as manganese sulfate)	250%
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