

**"Feel your best with Alive!"
Whole Food Energizer™**

More Energizing Nutrients from more natural sources than other supplements.



#1 Absorption. Alive! nutrients are easily absorbed into your blood stream because its vegetarian Vcaps® disintegrate quickly in the digestive tract.

#1 Quality. Alive! is made to the traditionally high standards of Nature's Way®. Only the best ingredients are used such as chelated minerals, "flash glanced" fruits/veggies, and organically grown mushrooms — all laboratory tested for purity and potency.

Warning: Do not take with sulfonamide since PABA interferes with the activity of this drug.

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**No IRON
Added**

**Nature's
Way**

DIETARY SUPPLEMENT

Alive!

**Whole Food
Energizer™**

Multi-Vitamin

90 VCAPS®

**#1
MEGA
NUTRIENT**

with Vitamins - Minerals
Fruits - Vegetables - Bioflavonoids - Enzymes
Amino Acids - Green Foods - Herbs - EFAs - Mushrooms

Recommended Dose: Take up to six (6) capsules daily.

Supplement Facts

Serving Size 6 Capsules
Servings Per Container 15

Amount Per Serving	% DV	Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 10		Molybdenum 75 mcg	100%	Myco Defense® Mushroom Blend: 100 mg	**
Total Carbohydrate 2 g	1%	(as molybdenum trifluoride)		Cordyceps Mushroom; Reishi Mushroom;	
Vitamin A 15,000 IU	300%	Sodium 15 mg	1%	Shiitake Mushroom; Hiratake Mushroom;	
(50% [5,000 IU] as retinol palmitate and 50% [10,000 IU] as beta carotene) Providing (typical analysis): beta carotene 5.625 mcg, gamma carotene 5.6 mcg, trans beta carotene 5.4 mcg, beta zea carotene 1.1 mcg		Potassium (as amino acid chelate) 60 mg	1%	Maitake Mushroom; Yamabushitake Mushroom; Hime Matsutake Mushroom;	
Vitamin C (ascorbic acid) 1 g	1667%	Green Food/Spirulina Blend: 500 mg	**	Kawarabake Mushroom; Chaga Mushroom;	
Vitamin D (as ergocalciferol) 400 IU	100%	Spirulina (microalgae); 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)		Zhu Ling Mushroom; Agarikon Mushroom; Mesima Mushroom	
Vitamin E (as d-alpha tocopheryl succinate) 200 IU	667%	Amino Acids: 225 mg	**	Digestive Enzyme Blend: 100 mg	**
Vitamin K (as phytonadione) 80 mcg	100%	(from Spirulina, Zinc AAC, Chlorella, Blue Green Algae, Boron AAC) (Glutamine, Asparagine, Leucine, Alanine, Arginine, Lysine, Threonine, Valine, Glycine, Isoleucine, Serine, Proline, Phenylalanine, Tyrosine, Histidine, Methionine, Tryptophan, Cysteine)		Concentrated Enzyme formula: (Protease I, Protease II, Peptidase SP, Amylase, Lactase, Invertase, Lipase, Cellulase, Alpha Galactosidase); Botaine HCl; Bromelain (from pineapple); Papain (from papaya)	
Thiamin (as thiamin mononitrate) 25 mg	1667%	Garden Veggies™ Blend: 100 mg	**	Omega Fatty Acid Blend: 100 mg	**
Riboflavin (Vitamin B2) 25 mg	1471%	Parsley Juice Powder; Kale Juice Powder; Spinach Juice Powder; Wheat Grass Juice Powder; Brussels Sprout Juice Powder; Asparagus Juice Powder; Broccoli Juice Powder; Cauliflower Juice Powder; Beet Juice Powder; Carrot Juice Powder; Cabbage Juice Powder; Garlic Juice Powder		Flax Seed Powder (dry, cold pressed); Sunflower Seed Powder (dry, cold pressed) (providing Alpha-Linolenic Acid, Oleic Acid, Linoleic Acid, Palmitic Acid, Stearic Acid, Behenic Acid, Gadoleic Acid, Palmitoleic Acid, Eicosanoic Acid, Lignoceric Acid)	
Niacin (as niacinamide) 125 mg	625%	Orchard Fruits™ Blend: 100 mg	**	Citrus Bioflavonoid Complex: 60 mg	**
Vitamin B6 (as pyridoxine HCl) 50 mg	2500%	Plum Juice Powder; Cranberry Juice Powder; Blueberry Juice Powder; Strawberry Juice Powder; Blackberry Juice Powder; Bilberry Juice Powder; Cherry Juice Powder		(from lemon, orange, grapefruit, lime and tangerine); Siberian Eleuthero (root) 50 mg**;	
Folic Acid 400 mcg	100%	Apricot Juice Powder; Papaya Juice Powder; Orange Juice Powder; Grape Juice Powder; Pineapple Juice Powder		Inositol 50 mg**;	
Vitamin B12 (as cyanocobalamin) 200 mcg	3333%			Choline (as choline bitartrate) 30 mg**;	
Biotin (as biotin trifluoride) 300 mcg	100%			PABA (para amino-benzoic acid) 25 mg**;	
Pantothenic Acid 125 mg	1250%			Rutin 25 mg**;	
(as d-calcium pantothenate)				RNA (from spirulina, chlorella) 14 mg**;	
Calcium (as citrate/carbonate) 250 mg	25%			DNA (from spirulina, chlorella) 4 mg**;	
Iron 800 mcg	4%			Chlorophyll (from spirulina) 4 mg**;	
(from spirulina, calcium citrate/carbonate)				Hesperidin (from citrus bioflavonoid complex) 2 mg**;	
Iodine (from pacific kelp powder) 150 mcg	100%			Boron (as amino acid chelate) 1 mg**;	
Magnesium (as citrate/oxide) 125 mg	31%			Lutein (from marigold) 200 mcg**	
Zinc (as amino acid chelate) 15 mg	100%				
Selenium 70 mcg	100%				
(as selenium monomethionine)					
Copper (as amino acid chelate) 2 mg	100%				
Manganese (as amino acid chelate) 4 mg	200%				
Chromium (as polynicotinate) 120 mcg	100%				

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

Other ingredients: Plant-derived capsule, Vegetable magnesium stearate