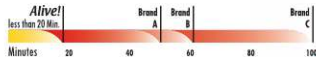


**"Feel your best with Alive![®]
Whole Food Energizer™"**

More Energizing Nutrients from more natural sources than other supplements.



#1 Absorption. Alive! nutrients are better absorbed into your blood stream because its tablets disintegrate up to 5X faster than other leading brands.



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 overdose, call a doctor or poison control center immediately. Do not take with sulfonamide since PABA interferes with the activity of this drug. Women who are pregnant or likely to become pregnant should not exceed recommended dosage.

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www.naturesway.com / 1-800-9NATURE



DIETARY SUPPLEMENT

Alive![®]

Whole Food Energizer™

Multi-Vitamin

90 TABLETS

**#1
MEGA
NUTRIENT**

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

Recommended Dose: Take three (3) tablets daily.

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	% DV	Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 5		Molybdenum (as molybdenum trisulfate) 75 mcg	100%	Myco Defense [®] Mushroom Blend 100 mg	**
Total Carbohydrate 1 g	< 1%	Sodium 15 mg	1%	Cordyceps Mushroom; Reishi Mushroom;	
Vitamin A 15,000 IU	300%	Potassium (as amino acid chelate) 50 mg	1%	Shiitake Mushroom; Hirsake Mushroom;	
(33% [5,000 IU] as retinol palmitate and 67% [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		Green Food/Spirulina Blend: 500 mg	**	Maitake Mushroom; Yamabushitake Mushroom;	
Vitamin C (ascorbic acid) 1 g	1667%	Spirulina (microalgae); Alfalfa (leaf, stem); Barley Grass (grass); Dandelion (leaf); Wheat Grass (grass); Melissa (leaf); Lemon Grass (grass);		Himematsutake Mushroom; Kawaratake Mushroom;	
Vitamin D (as ergocalciferol) 400 IU	100%	Nettle (leaf); Blessed Thistle (stem, leaf, flower); Chlorella (broken-cell microalgae); Plantain (leaf); Blue Green Algae (microalgae); Cilantro (leaf)		Chaga Mushroom; Zhu Ling Mushroom;	
Vitamin E (as d-alpha tocopheryl succinate) 200 IU	667%	Amino Acids: 225 mg	**	Agarikon Mushroom; Mosima Mushroom	
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)		Digestive Enzyme Blend: 100 mg	**
Thiamin (as thiamin mononitrate) 25 mg	1667%	Garden Veggies™ Blend: 100 mg	**	Concentrated Enzyme formula:	
Riboflavin (Vitamin B2) 25 mg	1471%	Parsley Juice Powder; Kale Juice Powder; Spinach Juice Powder; Wheat Grass Juice Powder; Brussels Sprout Juice Powder;		(Protease I, Protease II, PapKzyme SP, Amylase, Lactase, Invertase, Lipase, Cellulase, Alpha Galactosidase); Betaine HCl; Bromelain (from pineapple); Papain (from papaya)	
Niacin (as niacinamide) 125 mg	625%	Asparagus Juice Powder; Broccoli Juice Powder; Cauliflower Juice Powder; Beet Juice Powder; Carrot Juice Powder; Cabbage Juice Powder; Garlic Juice Powder		Omega Fatty Acid Blend: 100 mg	**
Vitamin B6 (as pyridoxine HCl pyridoxal 5-phosphate) 50 mg	2500%	Orchard Fruits™ Blend: 100 mg	**	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)	
Folic Acid 400 mcg	100%	Plum Juice Powder; Cranberry Juice Powder; Blueberry Juice Powder; Strawberry Juice Powder; Blackberry Juice Powder; Elderberry Juice Powder; Cherry Juice Powder; Apricot Juice Powder; Papaya Juice Powder; Orange Juice Powder; Grape Juice Powder; Pineapple Juice Powder		Citrus Bioflavonoid Complex (from lemon, orange, grapefruit, lime and tangerine) 60 mg **;	
Vitamin B12 (as cyanocobalamin) 200 mcg	3333%			Siberian Eleuthero (root) 50 mg **;	
Biotin (as biotin trisulfate) 300 mcg	100%			Inositol 50 mg **;	
Pantothenic Acid (as d-calcium pantothenate) 125 mg	1250%			Choline (as choline bitartrate) 30 mg **;	
Calcium (as citrate/carbonate) 250 mg	25%			PABA (para amino benzoic acid) 25 mg **;	
Iron (as amino acid chelate) 18 mg	100%			Rutin 25 mg **;	
Iodine (from pacific kelp powder) 150 mcg	100%			RNA (from spirulina, chlorella) 14 mg **;	
Magnesium (as citrate/oxide) 125 mg	31%			DNA (from spirulina, chlorella) 4 mg **;	
Zinc (as amino acid chelate) 15 mg	100%			Chlorophyll (from spirulina) 4 mg **;	
Selenium (as L-selenomethionine) 70 mcg	100%			Hesperidin (from citrus bioflavonoid complex) 2 mg **;	
Copper (as amino acid chelate) 2 mg	100%			Boron (as amino acid chelate) 1 mg **;	
Manganese (as amino acid chelate) 4 mg	200%			Lutein (from marigold) 200 mcg **	
Chromium (as polynicotinate) 120 mcg	100%				

† Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value (DV) not established.

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