

Garden Goodness™
Harvested for Your Health™

1 SERVING OF
VEGGIES AND FRUITS*

Looking for a way to
get more veggies
and fruits?

Alive!™s blend helps
you discover the
magic of organic kale,
açai and raspberry to
boost your daily intake.



◆ LN12111.01 BLK9113

*1.4 gm fruit and vegetable blend per serving.
Each 2 tablet serving provides the equivalence of
1 cup of leafy greens (volume before drying).
ChooseMyPlate.gov recommends 2 cups of fruit
and 3 cups of veggies per day for a 2,000
calorie diet.

Nature's
Way

Alive!
Garden
Goodness™

Women's
MULTI-VITAMIN

1 SERVING OF
VEGGIES AND FRUITS*

Made with organic
kale, açai and raspberry

60 TABLETS Multi-Vitamin Supplement

Supplement Facts

Serving Size 2 Tablets / Servings per Container 30

Amount per Serving		% DV
Calories	10	
Total Carbohydrate	2 g	<1%†
Total Sugars	1 g	**
Includes <1 g Added Sugar	2%†	
Vitamin A (70% as retinyl acetate and 30% as beta carotene)	900 mcg	100%
Vitamin C (ascorbic acid)	67.5 mg	75%
Vitamin D (as cholecalciferol)	20 mcg	100%
Vitamin E (as d-alpha tocopheryl acetate)	15 mg	100%
Vitamin K (as phytonadione)	120 mcg	100%
Thiamin (Vitamin B1)	2.4 mg	200%
Riboflavin (Vitamin B2)	2.6 mg	200%
Niacin (Vitamin B3) (as niacinamide)	16 mg	100%
Vitamin B6 (as pyridoxine HCl)	3.4 mg	200%
Folate (Vitamin B9)	400 mcg DFE (240 mcg Folic Acid)	100%
Vitamin B12 (as cyanocobalamin)	4.8 mcg	200%
Biotin (Vitamin B7)	30 mcg	100%
Pantothenic Acid (Vitamin B5) (as calcium D-pantothenate)	7.5 mg	150%
Calcium (from calcium carbonate)	26 mg	2%
Iron (as ferrous fumarate)	9 mg	50%
Iodine (as potassium iodide)	150 mcg	100%
Zinc (as zinc oxide)	11 mg	100%
Selenium (as sodium selenate)	55 mcg	100%
Copper (as copper sulfate)	0.9 mg	100%

Amount per Serving		% DV
Manganese (as manganese sulfate)	2.3 mg	100%
Molybdenum (as sodium molybdate)	45 mcg	100%
Organic Fruit and Veggie Blend: organic kale, organic açai, organic raspberry, organic apple, organic mango, organic blueberry, organic carrot, organic cranberry, organic strawberry, organic elderberry, organic cherry	1.4 g	**
Lutein	100 mcg	**

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

Other ingredients: organic dextrose, organic carnauba wax, organic maltodextrin, organic sunflower lecithin, organic palm oil, organic guar gum

Recommendation: Take 2 tablets once daily, preferably with food. Not recommended for men or children. If pregnant, nursing or taking any medications, consult a healthcare professional before use.

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.

GLUTEN FREE. No salt, yeast, wheat, soy, artificial colors or flavors.

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

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Green Bay, WI 54311 USA
Questions? 1-800-9NATURE / feelalive.com
Certified Organic by Quality Assurance Int'l



Complete Multi-Vitamin To Help You Fill the Gaps

- 100% or more Daily Value of **18 vitamins & minerals**
- High potency **B vitamins** help convert food into energy*

Balanced for WOMEN
to support multiple body systems:



Energy*



Heart Health*



Bones*



Immunity*



Eyes*



Hair/Skin/Nails*

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



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NEW!

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