

Recommendation: Adults chew 2 gummies daily. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 2 Gummies / Servings per Container 30

Amount per Serving		% DV
Calories	25	
Total Carbohydrate	6 g	2%†
Total Sugars	4 g	**
Includes 4 g Added Sugars		8%†
Vitamin A (as retinyl palmitate)	900 mcg	100%
Vitamin C (ascorbic acid)	90 mg	100%
Vitamin D (as cholecalciferol)	40 mcg	200%
Vitamin E (as dl-alpha tocopheryl acetate)	15 mg	100%
Thiamin (Vitamin B1)	600 mcg	50%
Riboflavin (Vitamin B2)	650 mcg	50%
Niacin (as niacinamide)	16 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	1.7 mg	100%
Folate	440 mcg DFE (264 mcg Folic Acid)	110%
Vitamin B12 (as cyanocobalamin)	3 mcg	125%
Biotin	37.5 mcg	125%
Pantothenic Acid (as calcium d-pantothenate)	2.5 mg	50%
Iodine (as potassium iodide)	165 mcg	110%

Amount per Serving		% DV
Zinc (as zinc citrate)	4.4 mg	40%
Selenium (as sodium selenate)	60.5 mcg	110%
Sodium	5 mg	<1%
Alive!® Super Fruits Powder Blend:	150 mg	**
Grape Extract, Carrot Extract, Orange Juice Concentrate, Orange, Blueberry, Carrot, Plum, Pomegranate, Strawberry, Pear, Apple, Beet, Raspberry, Pineapple, Pumpkin, Cherry, Cauliflower, Grape, Banana, Cabbage, Tomato, Açai, Asparagus, Broccoli, Brussels Sprout, Cranberry, Cucumber, Pea, Spinach		
Lutein	350 mcg	**

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

Other ingredients: organic tapioca syrup, organic cane sugar, pectin, natural flavors, fruit and vegetable juice color, citric acid, sodium citrate, vegetable oil (non-hydrogenated palm and coconut), carnauba wax

LN12509.01 BLK9166



COMPLETE MULTI-VITAMIN WITH NATURAL ANTIOXIDANTS[‡] FROM 1 TOTAL SERVING^{‡‡} OF Fruits & Vegetables

- 15 vitamins/minerals
- Full B-vitamin complex
- Made with pectin, no gelatin
- Pomegranate berry flavor

GLUTEN FREE. No gelatin, dairy, yeast, wheat, peanuts, eggs, or artificial flavors.

[‡]Plant-Based Polyphenols (Antioxidants)

^{‡‡}Based on ChooseMyPlate.gov serving sizes.

Keep out of reach of children. Safety sealed for your protection. Do not use if safety seal under child resistant bottle cap is broken or missing. Store at room temperature. Keep bottle tightly closed. Avoid excessive heat and direct sunlight.

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SUPER FRUITS

COMPLETE MULTI

Women's 50+

Super Fruits Powder Blend
(150 mg per serving)

60 GUMMIES

Complete Multi-Vitamin Supplement