Other ingredients: cellulose, stearic acid, sodium croscarmellose, silica, magnesium stearate, hypromellose, glycerin, brown rice

Recommendation: Women take 1 tablet daily, preferably with food. Not formulated for men or children. Do not exceed recommended dose. **Warning:** Do not take if you are pregnant or nursing. If you have kidney dysfunction, a bleeding disorder, or if you are taking Coumadin®‡ (warfarin) or any other medication, consult a healthcare professional before use.

FREE FROM GLUTEN AND ARTIFICIAL COLORS

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.

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

Aquamin® is a registered trademark of Marigot Limited.
Quatrefolic® is a registered trademark of Gnosis S.p.A.
U.S. Patent No. 7,947,662.

LG15890.B01 BLK8651B

‡Trademark of its respective company.

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Green Bay, WI 54311 USA / Bottled and tested in the USA
Questions? 1-800-9NATURE / feelalive.com

HIGH POTENCY B-VITAMINS to help convert food to fuel*

ONCE DAILY

Nature's Way

Alive!®

WOMEN'S ULTRA POTENCY
COMPLETE MULTIVITAMIN

Energizer™ with Food-Based Blends & Orchard Fruits™/Garden Veggies™
Powder Blend (60 mg per serving)

30 TABLETS • MULTIVITAMIN SUPPLEMENT

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Supplement Facts
Serving Size 1 Tablet

Amount per Serving		% DV
Vitamin A (as 50% [675 mcg] beta carotene, 50% [675 mcg] retinyl acetate)	1,350 mcg	150%
Vitamin C (ascorbic acid)	180 mg	200%
Vitamin D3 (as cholecalciferol)	50 mcg	250%
Vitamin E (as d-alpha tocopheryl succinate)	50 mg	333%
Vitamin K (as phytonadione)	150 mcg	125%
Thiamin (as thiamin mononitrate)	20 mg	1,667%
Riboflavin	20 mg	1,538%
Niacin (as niacinamide)	40 mg	250%
Vitamin B6 (as pyridoxine HCl)	34 mg	2,000%
Folate	800 mcg DFE (837 mcg Quatrefolic® brand (6S)-5-Methyltetrahydrofolate glucosamine salt)	200%
Vitamin B12 (as methylcobalamin)	40 mcg	1,667%
Biotin	33 mcg	110%
Pantothenic Acid (as D-calcium pantothenate)	20 mg	400%
Choline (as choline bitartrate)	11 mg	2%
Calcium (as Aquamin® calcified mineral source red algae *Lithothamnion* sp. [whole plant])	195 mg	15%
Iron (as ferrous fumarate)	18 mg	100%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (from Aquamin® calcified mineral source red algae *Lithothamnion* sp. [whole plant] and as magnesium oxide)	105 mg	25%
Zinc (as zinc oxide)	11 mg	100%
Selenium (as sodium selenate)	200 mcg	364%
Copper (as copper sulfate)	0.9 mg	100%
Manganese (as manganese sulfate)	5.8 mg	252%
Molybdenum (as sodium molybdate)	45 mcg	100%
Orchard Fruits™ & Garden Veggies™ Powder Blend: Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Açai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	60 mg	**
Cardio Blend: Hawthorn (berry), Japanese Knotweed Extract (root) standardized to 50% resveratrol (1 mg), Coenzyme Q10 (Ubiquinone 10)	20 mg	**
Citrus Bioflavonoid Complex (from Orange, Grapefruit, Lemon, Lime, Tangerine) providing Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones	20 mg	**
CranRx® Cranberry Fruit Concentrate standardized to proanthocyanidins	20 mg	**
Daily Greens™ Blend providing Amino Acids: Spirulina, Kelp, Alfalfa (leaf, stem, flower), Barley (grass), Blessed Thistle (stem, leaf, flower), Blue-Green Algae (*Aphanizomenon flos-aquae*), Chlorella (micro-algae), Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass (*Cymbopogon citratus*), Nettle (*Urtica* spp.) (leaf), Plantain (leaf), Wheat (grass)	20 mg	**
Digestive Enzyme Blend: Concentrated Enzyme formula (Protease I, Protease II, Amylase, Lactase, Peptidase, Cellulase, Invertase, Alpha Galactosidase, Lipase), Betaine HCl, Bromelain, Papain	20 mg	**
Flax Lignan/Fiber Blend: Flax Lignan Fiber (seed), Flax Lignan Extract (seed hulls), standardized to 20% Secoisolariciresinol Diglycoside (SDG) Lignan (0.4 mg)	20 mg	**
Hair, Skin & Nails Blend: Horsetail (stem, leaf), MSM (Methylsulfonylmethane), Grape Seed Extract, standardized to 65% Oligomeric Procyanidins (1.3 mg)	20 mg	**
Mushroom Mycelial & Primordia Biomass Defense Blend: Organic Reishi (*Ganoderma lucidum*), Organic Shiitake (*Lentinula edodes*), Organic Oyster Hiratake (*Pleurotus ostreatus*), Organic Enokitake (*Flammulina velutipes*), Organic Maitake (*Grifola frondosa*), Organic Yamabushitake (*Hericium erinaceus*), Organic Agarikon (*Fomitopsis officinalis*), Organic Chaga (*Inonotus obliquus*), Organic Himematsutake (*Agaricus brasiliensis/blazei*), Organic Kawaratake (*Trametes versicolor*), Organic Mesima (*Phellinus linteus*), Organic Zhu Ling (*Grifola umbellata*)	20 mg	**
Inositol	10 mg	**
Rutin (from *Sophora japonica*) (flower bud) Extract	5 mg	**
Lutein (from Aztec marigold) (flower)	500 mcg	**

**Daily Value (DV) not established.

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Amount per Serving	% DV
Cardio Blend: Hawthorn (berry), Japanese Knotweed Extract (root) standardized to 50% resveratrol (1 mg), Coenzyme Q10 (Ubiquinone 10) 20 mg	**
Citrus Bioflavonoid Complex (from Orange, Grapefruit, Lemon, Lime, Tangerine) providing Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones 20 mg	**
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Daily Greens™ Blend providing Amino Acids: Spirulina, Kelp, Alfalfa (leaf, stem, flower), Barley (grass), Blessed Thistle (stem, leaf, flower), Blue-Green Algae (*Aphanizomenon flos-aquae*), Chlorella (micro-algae), Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass (*Cymbopogon citratus*), Nettle (*Urtica* spp.) (leaf), Plantain (leaf), Wheat (grass) 20 mg	**
Digestive Enzyme Blend: Concentrated Enzyme formula (Protease I, Protease II, Amylase, Lactase, Peptidase, Cellulase, Invertase, Alpha Galactosidase, Lipase), Betaine HCl, Bromelain, Papain 20 mg	**
Flax Lignan/Fiber Blend: Flax Lignan Fiber (seed), Flax Lignan Extract (seed hulls), standardized to 20% Secoisolariciresinol Diglycoside (SDG) Lignan (0.4 mg) 20 mg	**
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Inositol 10 mg	**
Rutin (from *Sophora japonica*) (flower bud) Extract 5 mg	**
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GET THE MOST FROM YOUR MULTI!

Orchard Fruits™/ Garden Veggies™ Powder Blend	CranRx® Blend	Mushroom Defense Blend
Cardio Blend	Citrus Bioflavonoid Complex	Daily Greens™ Blend Providing Amino Acids
Digestive Enzyme Blend	Flax Lignan Blend	Hair, Skin & Nails Blend

BALANCED FOR WOMEN
With High Potency B-Vitamins including the active form of B-12 and Folate

EYE HEALTH*
Beta Carotene (Vitamin A)
Vitamins C, E
Lutein, Zinc

BONE HEALTH*
Calcium, Folate
Magnesium, Manganese
Vitamins D3, K

HEART HEALTH*
B-Vitamins
Vitamins C, E

IMMUNE HEALTH*
Selenium, Zinc
Vitamins A, C, D3

ENERGY METABOLISM*
B-Vitamins

SKIN HEALTH*
Vitamins A, C, E, Zinc

Alive!® multivitamins were created to give you the energy support you need to do all that is important to you! Get the most from your multi, with potent vitamins & minerals and our food-based blends, and live every day feeling Alive!

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