

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

Warnings: 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 freshness seal under child resistant bottle cap. Do not use if seal is broken or missing. Store at room temperature. Keep bottle tightly closed.

†Trademark of its respective company.

◆ L660192.001 BLK8584D

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



Supplement Facts		Amount per Serving	% DV
Serving Size 1 Tablet			
Amount per Serving			% DV
Vitamin A (as 60% (378 mcg) retinyl acetate, 40% (252 mcg) beta-carotene)	630 mcg	70%	
Vitamin C (ascorbic acid)	135 mg	150%	
Vitamin D3 (as cholecalciferol)	30 mcg	150%	
Vitamin E (as dl-alpha tocopheryl acetate)	15 mg	100%	
Vitamin K (as phytonadione)	40 mcg	33%	
Thiamin (as thiamin mononitrate)	3.6 mg	300%	
Riboflavin	3.9 mg	300%	
Niacin (as niacinamide)	32 mg	200%	
Vitamin B6 (as pyridoxine HCl)	5.1 mg	300%	
Folate	400 mcg DFE (240 mcg Folic Acid)	100%	
Vitamin B12 (as cyanocobalamin)	12 mcg	500%	
Biotin	30 mcg	100%	
Pantothenic Acid (as D-calcium pantothenate)	5 mg	100%	
Calcium (as calcium carbonate)	195 mg	15%	
Iron (as ferrous fumarate)	18 mg	100%	

Other ingredients: cellulose, magnesium stearate, silica, hypromellose, polydextrose, titanium dioxide color, riboflavin color, bcl, maltodextrin, medium chain triglycerides



GET THE MOST FROM YOUR MULTI!

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

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

HEART HEALTH*
B-Vitamins
Vitamin C, E

CELLULAR ENERGY*
B-Vitamins, Magnesium, Biotin

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

SKIN HEALTH*
Vitamins A, C, E, Zinc

FREE FROM GLUTEN, SOY, YEAST-DERIVED INGREDIENTS, WHEAT, DAIRY, ARTIFICIAL FLAVORS, AND PRESERVATIVES

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18 ESSENTIAL VITAMINS & MINERALS

100%+ DAILY VALUE

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!

BALANCED FOR ADULTS
TO SUPPORT MULTIPLE BODY SYSTEMS:

HEART*

BONES*

SKIN*

IMMUNITY*

EYES*

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DAILY ENERGY COMPLETE MULTIVITAMIN

100%+ DV OF 18 VITAMINS & MINERALS

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CAFFEINE FREE