

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. Do not use if safety seal under child-resistant cap is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

Aquamin® is a registered trademark of Marigot Limited.

Quatrefole® is a registered trademark of Gnosis S.p.A. U.S. Patent No. 7,947,662.

†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

◆ LG13718.B01 BLK8651B



**HIGH
POTENCY
B-VITAMINS**

to help convert
food to fuel*

Nature's
Way

ONCE DAILY

Alive!



**WOMEN'S
ULTRA POTENCY
COMPLETE MULTIVITAMIN**

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

150 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 .. 200% (837 mcg Quatrefole® brand (6S)-5-Methyltetrahydrofolate glucosamine salt)
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 (from Aquamin® calcified mineral source red algae <i>Lithothamnion</i> 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 <i>Lithothamnion</i> 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	60 mg **
Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	

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..... **
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 (<i>Aphanizomenon flos-aquae</i>), Chlorella (micro-algae), Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass (<i>Cymbopogon citratus</i>), Nettle (<i>Urtica</i> 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% Secoisolaricresinol 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	20 mg..... **
Organic Reishi (<i>Ganoderma lucidum</i>), Organic Shiitake (<i>Lentinula edodes</i>), Organic Hiratake (<i>Pleurotus ostreatus</i>), Organic Enokitake (<i>Flammulina velutipes</i>), Organic Maitake (<i>Grifola frondosa</i>), Organic Yamabushitake (<i>Hericium erinaceus</i>), Organic Agarikon (<i>Fomitopsis officinalis</i>), Organic Chaga (<i>Inonotus obliquus</i>), Organic Himematsutake (<i>Agaricus brasiliensis/blazei</i>), Organic Kewarutake (<i>Trametes versicolor</i>), Organic Mesima (<i>Phellinus linteus</i>), Organic Zhu Ling (<i>Grifola umbellata</i>)	
Inositol	10 mg..... **
Rutin (from <i>Sophora japonica</i>) (flower bud) Extract	5 mg..... **
Lutein (from Aztec marigold extract) (flower)	500 mcg **

**Daily Value (DV) not established.

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