

Nature's Way

Alive!

ENERGY 50+
COMPLETE MULTIVITAMIN

ORCHARD FRUITS™ & GARDEN VEGGIES™
Powder Blend (100 mg per serving)

60 TABLETS • MULTIVITAMIN SUPPLEMENT

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.

Supplement Facts			Amount per Serving	% DV	Amount per Serving	% DV
Serving Size 1 Tablet			Folate		Potassium (as potassium chloride)	
			(240 mcg Folic Acid)		95 mg	
			Vitamin B12 (as cyanocobalamin)		100 mcg	
			40 mcg		1.667%	
			Biotin		30 mcg	
			100%		100%	
			Pantothenic Acid (as D-calcium pantothenate)		5 mg	
			100%		100%	
			Calcium (as calcium carbonate)		195 mg	
			15%		15%	
			Iodine (as potassium iodide)		150 mcg	
			100%		100%	
			Magnesium (as magnesium oxide)		55 mg	
			13%		13%	
			Zinc (as zinc oxide)		11 mg	
			100%		100%	
			Selenium (as sodium selenate)		55 mcg	
			100%		100%	
			Copper (as copper sulfate)		0.9 mg	
			100%		100%	
			Manganese (as manganese sulfate)		2.3 mg	
			100%		100%	
			Molybdenum (as sodium molybdate)		45 mcg	
			100%		100%	
			Chloride (as potassium chloride)		85 mg	
			4%		4%	

Other ingredients: cellulose, magnesium stearate, sodium croscarmellose, silica, hypromellose, polydextrose, titanium dioxide color, riboflavin color, gelatin, medium chain triglycerides

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.

†Trademark of its respective company.

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Nature's Way

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

ORCHARD FRUITS™ & GARDEN VEGGIES™
Powder Blend (100 mg per serving)

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Nature's Way

Alive!

ENERGY 50+
COMPLETE MULTIVITAMIN

MULTIVITAMIN SUPPLEMENT
60 TABLETS

ONCE DAILY

17 ESSENTIAL VITAMINS & MINERALS
100% or more of 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 50+ TO SUPPORT MULTIPLE BODY SYSTEMS:

HEART*

BONES*

CELLULAR ENERGY*

IMMUNITY*

EYES*

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GET THE MOST FROM YOUR MULTI!

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

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

HEART HEALTH*
B-Vitamins
Vitamins C, E

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

CELLULAR ENERGY*

SKIN HEALTH*

B-Vitamins, Magnesium, Biotin **Vitamins A, C, E, Zinc**

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

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COMPLETE MULTIVITAMIN

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Supplement Facts			Amount per Serving	% DV
Serving Size 1 Tablet			Magnesium (as magnesium oxide)	
			55 mg	
			13%	
			Zinc (as zinc oxide)	
			11 mg	
			100%	
			Selenium (as sodium selenate)	
			55 mcg	
			100%	
			Copper (as copper sulfate)	
			0.9 mg	
			100%	
			Manganese (as manganese sulfate)	
			2.3 mg	
			100%	
			Molybdenum (as sodium molybdate)	
			45 mcg	
			100%	
			Chloride (as potassium chloride)	
			85 mg	
			4%	
			Potassium (as potassium chloride)	
			95 mg	
			2%	
			Orchard Fruits™ & Garden Veggies™	
			100 mg	
			**	
			Powder Blend: 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	
			Resveratrol (from Japanese Knotweed Extract) (root)	
			900 mcg	
			**	
			Lycopene (from tomato Extract) (fruit)	
			300 mcg	
			**	
			Lutein (from Aztec marigold Extract) (flower)	
			250 mcg	
			**	
			Boron (as sodium borate)	
			150 mcg	
			**	

****Daily Value (DV) not established.**

Other ingredients: cellulose, magnesium stearate, sodium croscarmellose, silica, hypromellose, polydextrose, titanium dioxide color, riboflavin color, gelatin, medium chain triglycerides

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CAFFEINE FREE