Other ingredients: cellulose, stearic acid, sodium croscarmellose, silica, magnesium stearate, hypromellose, gelatin, 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.

◆ LG15686.B02 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*

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)

60 TABLETS • MULTIVITAMIN SUPPLEMENT

*THESE STATEMENTS HAVE 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-Methylfetrahydrofolate 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 (from 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 60 mg	**
Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Kale, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	
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, Naringenin, 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 Proanyanidins (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* extract) (flower) 500 mcg	**

**Daily Value (DV) not established.

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

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GET THE MOST FROM YOUR MULTI!

Orchard Fruits™/Garden Veggies™ Powder Blend

CranRx® Blend

Mushroom Defense Blend

Cardio Blend

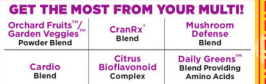
Citrus Bioflavonoid Complex

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 what 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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Riboflavin 20 mg	1,538%
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Vitamin B6 (as pyridoxine HCl) 34 mg	2,000%
Folate 800 mcg DFE (837 mcg Quatrefolic® brand (6S)-5-Methylfetrahydrofolate glucosamine salt)	200%
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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 *Lithothamnion* sp. [whole plant]) 195 mg	15%
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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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