

WOMEN'S ENERGY COMPLETE MULTIVITAMIN

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

130 TABLETS • MULTIVITAMIN SUPPLEMENT

Nature's
Way

Alive!

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 a bleeding disorder, or if you are taking Coumadin® (warfarin) or any other medication, consult a healthcare professional before use.

Supplement Facts

Amount per Serving	% DV
Serving Size 1 Tablet	
Vitamin A (as 70% (630 mcg) retinyl acetate and 30% (270 mcg) beta carotene)	900 mcg 100%
Vitamin C (ascorbic acid)	90 mg 100%
Vitamin D3	50 mcg 250%
(as cholecalciferol)	
Vitamin E (as dl-alpha tocopheryl acetate)	15 mg 100%
Vitamin K (as phytonadione)	120 mcg 100%
Thiamin (as thiamin mononitrate)	2.4 mg 200%
Riboflavin	2.6 mg 200%
Niacin (as niacinamide)	16 mg 100%
Vitamin B6	4.25 mg 250%
(as pyridoxine HCl)	
Folate	400 mcg DFE 100%
(240 mcg Folic Acid)	
Vitamin B12	12 mcg 500%
(as cyanocobalamin)	
Biotin	30 mcg 100%
Pantothenic Acid (as D-calcium pantothenate)	7.5 mg 150%
Calcium (as calcium carbonate, D-calcium pantothenate, dicalcium phosphate)	260 mg 20%

Other ingredients: cellulose, sodium croscarmellose, gelatin, stearic acid, hydroxypropyl cellulose, magnesium stearate, hypromellose, polydextrose, titanium dioxide color, silica, medium chain triglycerides, carmine color

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.

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.

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FloraGLO
LIFE

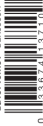
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Amount per Serving	% DV
Iron (as ferrous fumarate)	18 mg 100%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium	50 mg 12%
(as magnesium oxide)	
Zinc (as zinc oxide)	11 mg 100%
Selenium (as sodium selenate)	55 mcg 100%
Copper (as copper sulfate)	0.9 mg 100%
Manganese	2.3 mg 100%
(as manganese sulfate)	
Molybdenum	45 mcg 100%
(as sodium molybdate)	
Orchard Fruits™ & Garden Veggies™ Powder Blend	100 mg **
Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Pear, Tomato, Raspberry, Broccoli, Cherry, Spinach, Cauli- flower, Grape, Acai, Asparagus, Banana, Brussels Sprout, Cabbage, Cranberry, Cucumber, Pea, Pineapple, Pumpkin	
Boron (as sodium borate)	150 mcg **
Lutein Carotenoid from FloraGLO® Aztec Mangold Extract (flower)	100 mcg **

**Daily Value (DV) not established.

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