

Garden Goodness™ Harvested for Your Health

1 SERVING OF
VEGGIES AND FRUITS**

Looking for a way to
get more veggies
and fruits?

Alive!™s blend helps
you discover the
magic of organic kale,
açai and raspberry to
boost your daily intake.

◆ LWN2111.02 DLK9113

Nature's Way

Alive!

Garden Goodness™

Women's

MULTI-VITAMIN

1 SERVING OF
VEGGIES AND FRUITS**

Made with organic
kale, açai and raspberry

60 TABLETS Multi-Vitamin Supplement

††† 4 g vegetable and fruit blend per serving. Each 2 tablet serving provides the equivalent of 1 cup of leafy greens (volume before drying). ChooseMyPlate.gov recommends 2 cups of fruit and 3 cups of veggies per day for a 2,000 calorie diet.

Supplement Facts

Serving Size 2 Tablets / Servings per Container 30

Amount per Serving	% DV
Calories	10
Total Carbohydrate	2g 1%†
Total Sugars	1g 2%†
Includes <1 g Added Sugars	
Vitamin A (70% as retinyl acetate and 30% as beta carotene)	900 mcg 100%
Vitamin C (ascorbic acid)	67.5 mg 75%
Vitamin D3 (as cholecalciferol)	25 mcg 100%
Vitamin E (as d-alpha-tocopheryl acetate)	15 mcg 100%
Vitamin K (as phytylolsone)	120 mcg 100%
Thiamin (as thiamin mononitrate)	2.4 mg 200%
Niacin (as niacinamide)	16 mg 100%
Vitamin B6 (as pyridoxine HCl)	3.4 mg 100%
Folate (240 mcg Folic Acid)	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	4.8 mcg 200%
Biotin	30 mcg 100%
Paraaminobenzoic Acid (as D-calcium pantothenate)	7.5 mg 150%
Calcium (as calcium carbonate)	26 mg 2%
Iron (as ferrous fumarate)	9 mg 50%
Iodine (as potassium iodide)	150 mcg 100%
Zinc (as zinc oxide)	11 mg 100%
Selenium (as sodium selenate)	55 mcg 100%
Copper (as copper sulfate)	0.9 mg 100%

Organic: veggie and Fruit Blend: organic kale, organic açai, organic raspberry, organic apple, organic blueberry, organic cranberry, organic elderberry, organic cherry

Other ingredients: organic tapioca dextrose, organic carmellose, organic sunflower lecithin, organic palm oil, organic pear gum

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.

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.

Gluten Free. No yeast-derived ingredients, wheat, or artificial colors, or flavors.

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. ©2012 Nature's Way Brands, LLC Green Bay, WI 54311 USA 1-800-944-6464 / 1-800-944-6464



LBN2111.03 BLK9113

Complete Multi-Vitamin To Help You Fill the Gaps

- 100% or more Daily Value of 18 vitamins & minerals
- High potency B vitamins help convert food into energy*

Balanced for WOMEN

to support multiple body systems:



Energy*



Heart Health*



Bones*



Immunity*



Eyes*



Hair/Skin/Nails*

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Green Bay, WI 54311 USA

Certified Organic by Quality Assurance International

Questions? 1-800-944-6464 / 1-800-944-6464

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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60 TABLETS - Multi-Vitamin Supplement

Recommendation: Women take 2 tablets once daily, preferably with food. Not formulated for men or children.

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Iodine (as potassium iodide)	150 mcg 100%
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%

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