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 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

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal 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.

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

‡Trademark of its respective company.

LG15692.C01 BLK8653C

Questions? 1-800-9NATURE / feelalive.com

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

ONCE DAILY

Nature's Way

Alive!®

WOMEN'S 50+

ULTRA POTENCY

COMPLETE MULTIVITAMIN

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

60 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)	20 mg	1,176%
Folate (837 mcg Quatrefolic® brand (6S)-5-Methyltetrahydrofolate glucosamine salt)	800 mcg DFE	200%
Vitamin B12 (as methylcobalamin)	90 mcg	3,750%
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] and as dicalcium phosphate)	130 mg	10%
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 Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Açai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	60 mg	**
Mind & Body Energy Blend: Asian Ginseng (root), Eleuthero (root), *Ginkgo biloba* Extract (leaf), Gotu Kola (aerial parts), *Rhodiola rosea* Extract (root)	30 mg	**
Digestive Enzyme Blend Betaine HCl, Bromelain, Papain	7 mg	**
Rutin (from *Sophora japonica*) (flower bud) Extract	5 mg	**
Lutein (from Aztec marigold Extract) (flower)	1 mg	**

**Daily Value (DV) not established.

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Amount per Serving	% DV
Cardio Blend: Hawthorn (berry), Japanese Knotweed Extract (root), Coenzyme Q10 (Ubiquinone 10)	20 mg **
Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine)	20 mg **
CranRx® Cranberry fruit concentrate	20 mg **
Daily Greens™ Blend: Spirulina, Kelp, 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*) (aerial parts), Nettle (*Urtica* spp.) (leaf), Plantain (leaf), Wheat (grass)	20 mg **
Flax Lignan/Fiber Blend: Flax Lignan Fiber (seed), Flax Lignan Extract (seed hulls)	20 mg **
Mushroom Mycelial & Primordia Biomass Defense Blend Organic Reishi (*Ganoderma lucidum*), Organic Shiitake (*Lentinula edodes*), Organic 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 **
Digestive Enzyme Blend Betaine HCl, Bromelain, Papain	7 mg **
Rutin (from *Sophora japonica*) (flower bud) Extract	5 mg **
Lutein (from Aztec marigold Extract) (flower)	1 mg **

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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**
Digestive Enzyme Blend	**Flax Lignan Blend**	**Mind & Body Energy Blend**

BALANCED FOR WOMEN 50+

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 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!

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Mind & Body Energy Blend: Asian Ginseng (root), Eleuthero (root), *Ginkgo biloba* Extract (leaf), Gotu Kola (aerial parts), *Rhodiola rosea* Extract (root)	30 mg **
Digestive Enzyme Blend Betaine HCl, Bromelain, Papain	7 mg **
Rutin (from *Sophora japonica*) (flower bud) Extract	5 mg **
Lutein (from Aztec marigold Extract) (flower)	1 mg **

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