

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. 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.

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.

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Green Bay, WI 54311 USA
Bottled and tested in the USA

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

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**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)

150 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
Total Carbohydrate.....	<1 g.....<1%†
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.....	800 mcg DFE.. 200%
(837 mcg Quatrefolic® brand (6S)-5-Methyltetrahydrofolate glucosamine salt)	
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 <i>Lithothamnion</i> sp. [whole plant] and as dicalcium phosphate).....	130 mg.....10%
Iron (as ferrous fumarate).....	18 mg.....100%
Iodine (as potassium iodide).....	150 mcg.....100%
Magnesium (from Aquamin® calcified mineral source red algae <i>Lithothamnion</i> 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,	

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

Amount per Serving	% DV
Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	
Cardio Blend: Hawthorn (berry), Japanese Knotweed Extract.....	20 mg.....**
(root), Coenzyme Q10 (Ubiquinone 10)	
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 (<i>Aphanizomenon flos-aquae</i>), Chlorella (micro-algae), Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass (<i>Cymbopogon citratus</i>) (aerial parts), Nettle (<i>Urtica</i> spp.) (leaf), Plantain (leaf), Wheat (grass)	20 mg.....**
Flax Lignan/Fiber Blend: Flax Lignan Fiber (seed), Flax Lignan Extract (seed hulls)	20 mg.....**
Hair, Skin & Nails Blend: Horsetail (stem, leaf), MSM (Methylsulfonylmethane), Grape Seed Extract	20 mg.....**
Mushroom Mycelial & Primordia Biomass Defense Blend.....	20 mg.....**
Organic Reishi (<i>Ganoderma lucidum</i>), Organic Shiitake (<i>Lentinula edodes</i>), Organic Hiratake (<i>Pleurotus ostreatus</i>), Organic Enokitake (<i>Flammulina velutipes</i>), Organic Maitake (<i>Grifola frondosa</i>), Organic Yamabushitake (<i>Hericium erinaceus</i>), Organic Agarikon (<i>Fomitopsis officinalis</i>), Organic Chaga (<i>Inonotus obliquus</i>), Organic Himematsutake (<i>Agaricus brasiliensis/blazei</i>), Organic Kawaratake (<i>Trametes versicolor</i>), Organic Mesima (<i>Phellinus linteus</i>), Organic Zhu Ling (<i>Grifola umbellata</i>)	
Inositol.....	10 mg.....**
Digestive Enzyme Blend.....	7 mg.....**
Betaine HCl, Bromelain, Papain	
Rutin (from <i>Sophora japonica</i>) (flower bud) Extract.....	5 mg.....**
Lutein (from Aztec marigold Extract) (flower).....	500 mcg.....**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.