

VALUE
SIZE!

Nature's
Way

Alive!

WOMEN'S 50+
COMPLETE MULTIVITAMIN

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

110 TABLETS • MULTIVITAMIN SUPPLEMENT

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

Serving Size 1 Tablet	Amount per Serving	% DV
Vitamin A (as 70% [630 mcg] retinyl acetate and 30% [270 mcg] beta carotene)	900 mcg	100%
Vitamin C (ascorbic acid)	135 mg	150%
Vitamin D3 (as cholecalciferol)	50 mcg	250%
Vitamin E (as dl-alpha tocopheryl acetate)	15 mg	100%
Vitamin K (as phytonadione mononitrate)	120 mcg	100%
Thiamin (as thiamin mononitrate)	3.6 mg	300%
Riboflavin	2.6 mg	200%
Niacin (as niacinamide)	16 mg	100%
Vitamin B6 (as pyridoxine HCl)	5.1 mg	300%
Folate (240 mcg Folic Acid)	400 mcg DFE	100%
Vitamin B12 (as cyanocobalamin)	40 mcg	1,667%
Biotin	30 mcg	100%
Pantothenic Acid (as D-calcium pantothenate)	7.5 mg	150%
Calcium (as calcium carbonate, dicalcium phosphate, D-calcium pantothenate)	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.

†Trademark of its respective company.



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Amount per Serving	% DV
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide)	50 mg 12%
Zinc (as zinc oxide)	16.5 mg 150%
Selenium (as sodium selenate)	55 mcg 100%
Copper (as copper sulfate)	0.9 mg 100%
Manganese (as manganese sulfate)	4.6 mg 200%
Molybdenum (as sodium molybdate)	45 mcg 100%
Orchard Fruits™ & Garden Veggies™ Powder Blend Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Pear, Tomato, Raspberry, Broccoli, Cherry, Spinach, Cauliflower, Grape, Acai, Asparagus, Banana, Brussels Sprout, Cabbage, Cranberry, Cucumber, Pea, Pineapple, Pumpkin	100 mg **
FloraGLO® Lutein Carotenoid from Aztec Marigold Extract (flower)	300 mcg **
Boron (as sodium borate)	150 mcg **

**Daily Value (DV) not established.

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