Amount Per Serving		% DV
amino acids: Glutamic acid, Aspartic acid, Arginine, Leucine, Lysine, Serine, Phenylalanine, Valine, Isoleucine, Alanine, Proline, Glycine, Threonine, Tyrosine, Histidine, Methionine, Cysteine, Tryptophan		
Cardiovascular Blend with Resveratrol	100 mg	**
Hawthorn (berry); Japanese Knotweed standardized to 50% resveratrol; Coenzyme Q10 (ubiquinone)		
Orchard Fruits™ Blend	100 mg	**
Pomegranate (seed); Açaí Extract (whole palm fruit); Juice Powders: Grape; Plum; Cranberry; Blueberry; Strawberry; Blackberry; Bilberry; Cherry; Apricot; Papaya; Orange; Pineapple		
Garden Veggies™ Juice Powder Blend	100 mg	**
Parsley; Kale; Spinach; Wheat Grass; Brussels Sprout; Asparagus; Broccoli; Cauliflower; Beet; Carrot; Cabbage; Garlic		
Organic Mushroom Defense Blend	100 mg	**
Cordyceps; Reishi; Shiitake; Hiratake; Maitake; Yamabushitake; Himematsutake; Kawaratake; Chaga; Zhu Ling; Agarikon; Mesima		
Digestive Enzyme Blend	100 mg	**
Concentrated enzyme formula (Protease I, Protease II, Peptizyme SP, Amylase, Lactase, Invertase, Lipase, Cellulase, Alpha Galactosidase); Betaine HCl; Bromelain (from pineapple); Papain (from papaya)		
Omega 3/6/9 Fatty Acid Seed Blend:	100 mg	**
Flax Seed Powder (dry, cold pressed); Sunflower Seed Powder (dry, cold pressed)		
Citrus Bioflavonoid Complex	60 mg	**
(from lemon, orange, grapefruit, lime, tangerine) providing: Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones		
Siberian Eleuthero (root)	50 mg	**
Inositol	50 mg	**
Choline (as choline bitartrate)	30 mg	**
Rutin	25 mg	**
Boron (as amino acid chelate)	1 mg	**
Lutein (from marigold)	500 mcg	**

†Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

Other ingredients: Vegetable modified cellulose, Vegetable cellulose, Vegetable stearic acid, Vegetable modified cellulose gum, Silica, Vegetable magnesium stearate, Vegetable glycerin

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.

Contains no sugar, yeast, wheat grain, dairy products, artificial flavors colors or preservatives.

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Questions? Call 1-800-9NATURE or visit www.naturesway.com

NEW! CLEAR-COATED TABLET

MAX POTENCY ALIVE!®

BALANCED FOR ADULTS

- *Maximized levels of vitamins, minerals, anti-oxidants and food-based nutrients*
- *Mega B-vitamins for energy**
- ***New!** Extra cardiovascular support with resveratrol, CoQ10 and hawthorn**
- ***New!** 1,000 IU of Vitamin D*
- ***New!** Now with pomegranate and açaí for extra antioxidants*

26 Fruits & Veggies
25 Vitamins & Minerals
18 Amino Acids
12 Digestive Enzymes
12 Mushrooms (Organic)
14 Green Foods
40+ Antioxidant Sources

WHOLE BODY NOURISHMENT

with essential nutrients that help support:

BONE HEALTH* Boron, Calcium, Folic Acid, Magnesium, Manganese, Vitamins D & K	**COLON HEALTH*** Calcium, Folic Acid, Selenium, Vitamin D
DAILY ENERGY* Magnesium, Niacin, Pantothenic Acid, Riboflavin, Thiamin, Vitamin B6	**EYE HEALTH*** Lutein, Vitamin A (Beta Carotene), Vitamin C, Vitamin E, Zinc
HEART HEALTH* Folic Acid, Pomegranate, Resveratrol, Vitamins C & E, Vitamins B6 & B12	**IMMUNE DEFENSE*** Antioxidants, Selenium, Vitamin A, Vitamin C, Vitamin D, Zinc

*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Alive!®

Multi-Vitamin

MAX POTENCY

Nature's Way®

NEW & IMPROVED!

Alive!®

Whole Food Energizer™

Multi-Vitamin

MAX POTENCY

VITAMINS & MINERALS
26 Fruits & Vegetables • Green Foods
Enzymes • Mushrooms • Amino Acids
Antioxidants • Lutein • Resveratrol

#1 MEGA NUTRIENT

60 TABLETS - DIETARY SUPPLEMENT

SATISFACTION GUARANTEED. Safely sealed for your protection with printed outer shrinkwrap and printed inner freshness seal under child resistant bottle cap. Do not use if either seal is broken or missing. Store at room temperature. Keep bottle tightly closed.

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LB114926-A01 (0805A)

Recommendation: Take 3 tablets daily, preferably with food. As with any supplement, if you are pregnant, nursing or taking medication, consult your doctor before use. Not formulated for children. Do not exceed recommended use.

Supplement Facts

Serving Size 3 Tablets / Servings Per Container 20

Amount Per Serving		% DV
Calories	5	
Total Carbohydrate	1 g	<1%†
Vitamin A (33% [5,000 IU] as retinol palmitate and 67% [10,000 IU] as beta carotene)	15,000 IU	300%
Vitamin C (ascorbic acid)	1,000 mg	1,667%
Vitamin D (as cholecalciferol)	1,000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%
Vitamin K (as phytonadione)	80 mcg	100%
Thiamin (as thiamin mononitrate)	25 mg	1,667%
Riboflavin (Vitamin B2)	25 mg	1,471%
Niacin (as niacinamide)	125 mg	625%
Vitamin B6 (as pyridoxine HCl/ pyridoxal 5-phosphate)	50 mg	2,500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	200 mcg	3,333%
Biotin	325 mcg	108%
Pantothenic Acid (as d-calcium pantothenate)	125 mg	1,250%
Calcium (as citrate/carbonate)	250 mg	25%
Iron (as amino acid chelate)	18 mg	100%
Iodine (from pacific kelp powder, as potassium iodide)	150 mcg	100%
Magnesium (as citrate/oxide)	125 mg	31%
Zinc (as amino acid chelate)	15 mg	100%
Selenium (as L-selenomethionine)	200 mcg	286%
Copper (as amino acid chelate)	2 mg	100%
Manganese (as amino acid chelate)	5 mg	250%
Chromium (as chromium picolinate)	250 mcg	208%
Molybdenum	75 mcg	100%
Sodium	15 mg	1%
Potassium (as amino acid chelate)	50 mg	1%
Green Food/Spirulina Blend	400 mg	**
Spirulina (microalgae); Kelp (whole thallus); Alfalfa (leaf, stem); Barley Grass (grass); Dandelion (leaf); Wheat Grass (grass); Melissa (leaf); Lemon Grass (grass); Nettle (leaf); Blessed Thistle (stem, leaf, flower); Chlorella (broken-cell microalgae); Plantain (leaf); Blue Green Algae (microalgae); Cilantro (leaf); providing		