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Green Bay, WI 54311 USA

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

Recommendation: Women take 1 tablet daily, preferably with food. Not formulated for men or children. Do not exceed recommended dose. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

GLUTEN FREE. No artificial colors, flavors, or preservatives.

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing. Store at room temperature. Keep bottle tightly closed.

Nature's
Way

Alive!

Once Daily

Women's 50+
ULTRA POTENCY

**Orchard Fruits™ / Garden Veggies™
& Daily Greens™ powder blends (80 mg)**

60 TABLETS • Multi-Vitamin Supplement

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV
Vitamin A (as 50% [675 mcg] beta carotene, 50% [675 mcg] retinyl acetate)	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)	34 mg 2,000%
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 (as Aquamin® calcified mineral source red algae <i>Lithothamnion</i> sp. [whole plant])	195 mg 15%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as Aquamin® calcified mineral source red algae <i>Lithothamnion</i> sp. [whole plant]) and 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	60 mg
Blend: Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	
Mind & Body Energy Blend: Asian Ginseng Extract (root), Eleuthero (root), Ginkgo biloba Extract (leaf), Gotu Kola (aerial parts), Rhodiola rosea Extract (root), standardized to 3%	30 mg

Amount per Serving

Rosavins (0.18 mg), and 1% Salidroside (0.06 mg)	% DV
Cardio Blend: Hawthorn (berry), Japanese Knotweed Extract (root) standardized to 50% Resveratrol (1 mg), Coenzyme Q10 (Ubiquinone 10)	20 mg
Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine) providing Hesperidin, Naringin, Narirutin, Eriodictin, Flavonols and Flavones	20 mg
CranR® Cranberry fruit concentrate standardized to proanthocyanidins	20 mg
Daily Greens™ Blend providing Amino Acids: Spirulina, Kelp, Alfalfa (leaf, stem, flower), Barley (grass), Blessed Thistle (stem, leaf, flower), Blue-Green Algae (<i>Aphanizomenon flos-aquae</i>) (whole plant), Chlorella (micro-algae), Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass, Nettle (<i>Urtica</i> spp.) (leaf), Plantain (leaf), Wheat (grass)	20 mg
Digestive Enzyme Blend: Concentrated Enzyme Formula (Protease I, Protease II, Amylase, Lactase, Peptidase, Cellulase, Invertase, Alpha Galactosidase, Lipase), Betaine HCl, Bromelain, Papain	20 mg
Flax Lignans/Fiber Blend: Flax Lignans Fiber (seed), Flax Lignans Extract (seed hulls), standardized to 20% Secoisolaricresinol Diglycoside (SDG) Lignans (0.4 mg)	20 mg
Mushroom Mycelial & Primordia Biomass Defense Blend: Organic Reishi (<i>Ganoderma lucidum</i>), Organic Shiitake (<i>Lentinula Edodes</i>), Organic Oyster 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>Formitopsis 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>)	20 mg
Inositol	10 mg
Rutin (from <i>Sophora japonica</i>) (flower bud) Extract	5 mg
Lutein (from Aztec marigold)	1 mg

**Daily Value (DV) not established.

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