

Recommendation: Women take 1 tablet daily, preferably with food. Not formulated for men or children. Do not exceed recommended dose.

Caution: If you are pregnant, nursing, have kidney dysfunction, a blood clotting disorder, or if you are taking any medications, consult a healthcare professional before use.

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

GLUTEN FREE. No artificial colors, or preservatives.

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.

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



Alive!

Once Daily

Women's 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)	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)	34 mg 2,000%
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 (as Aquamin® calcified mineral source red algae <i>Lithothamnion</i> sp. [whole plant])	195 mg 15%
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, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	

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

Amount per Serving	% 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, Eriocitrin, Flavonols and Flavones	20 mg **
CranRx® 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>), 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 Lignan/Fiber Blend: Flax Lignan Fiber (seed), Flax Lignan Extract (seed hulls), standardized to 20% Secoisolariciresinol Diglycoside (SDG) Lignan (0.4 mg)	20 mg **
Hair, Skin & Nails Blend: Horsetail (stem, leaf), MSM (Methylsulfonylmethane), Grape Seed Extract, standardized to 65% Oligomeric Procyanidins (1.3 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>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>))	10 mg **
Rutin (from <i>Sophora japonica</i>) (flower bud) Extract	5 mg **
Lutein (from Aztec marigold)	500 mcg **

**Daily Value (DV) not established.