

GET THE MOST FROM YOUR MULTI!

Orchard Fruits™/
Garden Veggies™
Powder Blend

Cardio
Blend

Digestive
Enzyme
Blend

CranRx®
Blend

Citrus
Bioflavonoid
Complex

Flax Lignan
Blend

Mushroom
Defense
Blend

Daily Greens™
Blend

Mind & Body
Energy
Blend



BALANCED FOR WOMEN 50+

With High Potency B-Vitamins including the active form of B-12 and Folate

EYE
HEALTH*

Beta Carotene (Vitamin A)
Vitamins C, E, Lutein, Zinc

BONE
HEALTH*

Calcium, Folate
Magnesium, Manganese
Vitamins D3, K

HEART
HEALTH*

B-Vitamins
Vitamins C, E

IMMUNE
HEALTH*

Selenium, Zinc
Vitamins A, C, D3

ENERGY
METABOLISM*

B-Vitamins

SKIN
HEALTH*

Vitamins A, C, E, Zinc

FREE FROM GLUTEN AND ARTIFICIAL COLORS.

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

◆ LG13941.C01 BLK8653C



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Quatrefolic® is a registered trademark of Gnosis S.p.A.
U.S. Patent No. 7,947,662.

†Trademark of its respective company.

**HIGH
POTENCY
B-VITAMINS**
to help convert
food to fuel*

ONCE DAILY

Nature's
Way

Alive!



**WOMEN'S 50+
ULTRA POTENCY**
COMPLETE MULTIVITAMIN

**Energizer™ with Food-Based Blends
& Orchard Fruits™ / Garden Veggies™
Powder Blend (60 mg per serving)**

150 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 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 phytylquinone)	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 (837 mcg Quatrefolic® brand (5S)-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 (from Aquamin® calcified mineral source red algae Lithothamnion sp. [whole plant] and as dicalcium phosphate)	130 mg 10%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (from Aquamin® calcified mineral source red algae Lithothamnion 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%

Amount per Serving	% DV
Orchard Fruits™ & Garden Veggies™ Powder Blend: Blueberry, Orange, Cantal, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pear, Pineapple, Pumpkin, Spinach	60 mg **
Mind & Body Energy Blend: Asian Ginseng Extract (root), Eleuthero (root), Ginkgo biloba Extract (leaf), Gotu Kola (aerial parts), Rhodiola rosea Extract (root)	30 mg **
Cardio Blend: Hawthorn (berry), Japanese Knotweed Extract (root), Coenzyme Q10 (Ubiquinone 10)	20 mg **
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 (Aphanizomenon flos-aquae), Chlorella (micro-algae), Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass (Cymbopogon citratus) (aerial parts), Nettle (Urtica spp.) (leaf), Plantain (leaf), Wheat (grass)	20 mg **
Flax Lignan/Fiber Blend: Flax Lignan Fiber (seed), Flax Lignan Extract (seed hulls)	20 mg **
Mushroom Mycelial & Primordia Biomass Defense Blend Organic Reishi (Ganoderma lucidum), Organic Shiitake (Lentinula edodes), Organic Hiratake (Phellinus ostreatus), Organic Eriobotrya Flammulina velutipes, Organic Matsutake (Ichthyia trichospora), Organic tamabushitake (Hericium erinaceus), Organic Agarikon (Fomitopsis officinalis), Organic Chaga (Ivanovia obliquus), Organic Himekaitake (Agaricus brasiliensis/brazil), Organic Kava-kava (Piper nigrum), Organic Maitake (Phellinus linteus), Organic Zhu Ling (Gifolia umbellata)	20 mg **
Inositol	10 mg **
Digestive Enzyme Blend: Betaine HCl, Bromelain, Papain	7 mg **
Rutin (from Sophora japonica) (flower bud) Extract	5 mg **
Lutein (from Aztec marigold Extract) (flower)	1 mg **

**Daily Value (DV) not established.

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

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