Garden Goodness™
Harvested for Your Health

1 SERVING OF VEGGIES AND FRUITS††

Looking for a way to get more veggies and fruits?

Alive!®'s blend helps you discover the magic of organic kale, açaí and raspberry to boost your daily intake.

LN12111.A01 BLK9113A

††1.4 g vegetable and fruit blend per serving. Each 2 tablet serving provides the equivalence of 1 cup of leafy greens (volume before drying). ChooseMyPlate.gov recommends 2 cups of fruit and 3 cups of veggies per day for a 2,000 calorie diet.

Nature's Way

Alive!®

Garden Goodness™

Women's
MULTIVITAMIN

1 SERVING OF VEGGIES AND FRUITS††

Made with organic kale, açaí and raspberry

60 TABLETS MULTIVITAMIN SUPPLEMENT

Supplement Facts
Serving Size 2 Tablets / Servings per Container 30

Amount per Serving		% DV
Calories	10	
Total Carbohydrate	2 g	1%†
Total Sugars	1 g	**
Includes <1 g Added Sugars		2%†
Vitamin A (as 70% retinyl acetate and 30% beta carotene)	900 mcg	100%
Vitamin C (ascorbic acid)	67.5 mg	75%
Vitamin D3 (as cholecalciferol)	20 mcg	100%
Vitamin E (as d-alpha tocopheryl acetate)	15 mg	100%
Vitamin K (as phytonadione)	120 mcg	100%
Thiamin (as thiamin mononitrate)	2.4 mg	200%
Riboflavin	2.6 mg	200%
Niacin (as niacinamide)	16 mg	100%
Vitamin B6 (as pyridoxine HCl)	3.4 mg	200%
Folate	400 mcg DFE (240 mcg Folic Acid)	100%
Vitamin B12 (as cyanocobalamin)	4.8 mcg	200%
Biotin	30 mcg	100%
Pantothenic Acid (as D-calcium pantothenate)	7.5 mg	150%
Calcium (as calcium carbonate)	26 mg	2%
Iron (as ferrous fumarate)	9 mg	50%
Iodine (as potassium iodide)	150 mcg	100%
Zinc (as zinc oxide)	11 mg	100%
Selenium (as sodium selenate)	55 mcg	100%
Copper (as copper sulfate)	0.9 mg	100%
Manganese (as manganese sulfate)	2.3 mg	100%
Molybdenum (as sodium molybdate)	45 mcg	100%
Organic Veggie & Fruit Blend: organic kale, organic açaí, organic raspberry, organic apple, organic mango, organic blueberry, organic carrot, organic cranberry, organic strawberry, organic elderberry, organic cherry	1.4 g	**
Lutein (from Aztec marigold Extract) (flower)	100 mcg	**

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

Other ingredients: organic glucose syrup, organic carnauba wax, organic maltodextrin, gelatin, organic sunflower lecithin, organic palm oil, organic guar gum

Recommendation: Women take 2 tablets daily, preferably with food. Not formulated for men or children.

Warning: Do not take this product if you are pregnant, nursing, or have known hypersensitivity to iodine or hyperthyroidism. If you have a bleeding disorder, or if you are taking Coumadin®‡ (warfarin) or any other medication, 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.

GLUTEN FREE. No salt, yeast-derived ingredients, wheat, dairy, or artificial colors, or flavors.

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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Green Bay, WI 54311 USA
Certified Organic by Quality Assurance Int'l
Questions? 1-800-9NATURE / naturesway.com

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Complete Multivitamin
To Help You Fill the Gaps

- *100% or more Daily Value of* ***18 vitamins & minerals***
- *High potency* ***B vitamins*** *help convert food into energy**

Balanced for WOMEN
to support multiple body systems:

- **Cellular Energy***
- **Heart Health***
- **Bones***
- **Immunity***
- **Eyes***
- **Hair/Skin/Nails***

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CERTIFIED ORGANIC

BOTTLED & TESTED IN THE USA

***THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.**

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