

## GET THE MOST FROM YOUR MULTI!



CELLULAR  
ENERGY\*



HEART\*



IMMUNE  
HEALTH\*



EYES\*



ANTIOXIDANT  
SUPPORT\*\*††

- 17 Vitamins/Minerals
- Includes Lutemax® 2020 to help eyes filter blue light from sun, LED, and digital devices\*
- Full B-Vitamin Complex
- Made with Pectin, no Gelatin
- Delicious citrus burst flavored gummies

### FREE FROM:

GLUTEN  
GELATIN  
DAIRY, EGG  
WHEAT  
PEANUT  
YEAST-DERIVED  
INGREDIENTS

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.

Lutemax® 2020 is a trademark of OmniActive Health Technologies Ltd.

#Trademark of its respective company.

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Green Bay, WI 54311 USA

Bottled and tested in the USA

Questions? 1-800-9NATURE / [naturesway.com](http://naturesway.com)

◆ LN13311.03 BLK9220

††Vitamins C & E.



made with  
ORCHARD FRUITS™  
& GARDEN VEGGIES™  
Powder Blend  
(75 mg per serving)

Nature's  
Way

# Alive!

COMPLETE MULTI  
FOR HER

# Teen

HELPS  
EYES  
SHIELD  
& FILTER  
BLUE  
LIGHT\*

50 GUMMIES  
MULTIVITAMIN  
SUPPLEMENT

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

**Recommendation:** Females 13 years and older, chew 2 gummies daily with food. Not formulated for males or children under 13 years of age. **Warning:** Do not take this product if you have a known hypersensitivity to iodine or hyperthyroidism. If you are pregnant, nursing, have a bleeding disorder, are taking Coumadin® (warfarin) or any other medications, consult a healthcare professional before use.

## Supplement Facts

Serving Size 2 Gummies  
Servings per Container 25

| Amount per Serving                         | % DV             |
|--------------------------------------------|------------------|
| Calories                                   | 25               |
| Total Carbohydrate                         | 6 g 2%†          |
| Total Sugars                               | 4 g **           |
| Includes 4 g Added Sugars                  | 8%†              |
| Vitamin A (as retinyl palmitate)           | 450 mcg 50%      |
| Vitamin C (ascorbic acid)                  | 18 mg 20%        |
| Vitamin D3 (as cholecalciferol)            | 30 mcg 150%      |
| Vitamin E (as di-alpha tocopheryl acetate) | 15 mg 100%       |
| Vitamin K (as phytonadione)                | 24 mcg 20%       |
| Thiamin (as thiamin HCl)                   | 0.3 mg 25%       |
| Riboflavin                                 | 0.325 mg 25%     |
| Niacin (as niacinamide)                    | 4 mg 25%         |
| Vitamin B6 (as pyridoxine HCl)             | 1.7 mg 100%      |
| Folate (240 mcg Folic Acid)                | 400 mcg DFE 100% |
| Vitamin B12 (as cyanocobalamin)            | 2.4 mcg 100%     |
| Biotin                                     | 30 mcg 100%      |

| Amount per Serving                                                                                                                                                                                                                                                                            | % DV         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| Pantothenic Acid (as D-calcium pantothenate)                                                                                                                                                                                                                                                  | 5 mg 100%    |
| Calcium (as tricalcium phosphate)                                                                                                                                                                                                                                                             | 130 mg 10%   |
| Phosphorus (as tricalcium phosphate)                                                                                                                                                                                                                                                          | 65 mg 5%     |
| Iodine (as potassium iodide)                                                                                                                                                                                                                                                                  | 150 mcg 100% |
| Zinc (as zinc citrate)                                                                                                                                                                                                                                                                        | 2.2 mg 20%   |
| Sodium                                                                                                                                                                                                                                                                                        | 10 mg <1%    |
| Orchard Fruits™/Garden Veggies™ Powder Blend<br>Orange, Blueberry, Camot, Plum, Pomegranate, Strawberry, Pear, Apple, Beet, Raspberry, Pineapple, Pumpkin, Cherry, Cauliflower, Grape, Banana, Cabbage, Tomato, Acai, Asparagus, Brussels Sprout, Cranberry, Cucumber, Pea, Broccoli, Spinach | 75 mg **     |
| Lutein from Lutemax® 2020                                                                                                                                                                                                                                                                     | 10 mg **     |
| Aztec Marigold Extract (flower)                                                                                                                                                                                                                                                               | 2 mg **      |
| Zeaxanthin Isomers from Lutemax® 2020 Aztec Marigold Extract (flower)                                                                                                                                                                                                                         | 40 mcg **    |

†Percent Daily Values (DV) are based on a 2,000 calorie diet. \*\*Daily Value not established.  
Other ingredients: glucose syrup, sucrose, purified water, pectin, natural flavors, citric acid, sodium citrate, coconut oil, carnauba wax