



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 kidney disorder, hypercalcemia, hypercalciuria, a bleeding disorder, or if you are taking Coumadin® (warfarin) or any other medication, consult a healthcare professional before use.

Supplement Facts

Amount per Serving	% DV
Vitamin A (as beta carotene)	11 mcg 100%
Vitamin B1 (thiamin)	1 mg 100%
Vitamin B2 (riboflavin)	1 mg 100%
Vitamin B3 (niacin)	16 mg 100%
Vitamin B5 (pantoic acid)	11 mg 100%
Vitamin B6 (pyridoxine HCl)	2.5 mg 100%
Vitamin B12 (cyanocobalamin)	1 mcg 100%
Biotin	30 mcg 100%
Pantothenic Acid (as D-calcium pantothenate)	27 mg 100%
Calcium (as calcium carbonate)	45 mg 100%
Iron (as ferrous fumarate)	18 mg 100%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide)	50 mg 12%
Zinc (as zinc oxide)	11 mg 100%
Selenium (as sodium selenite)	55 mcg 100%
Copper (as copper sulfate)	0.3 mg 100%
Manganese (as manganese sulfate)	2.3 mg 100%
Molybdenum (as sodium molybdate)	45 mcg 100%
Orchard Fruits™ & Garden Veggies™ Powder Blend	100 mg **
Boron (as sodium borate)	150 mcg **
FioraGLD™ Lutein Careblend from Kales Mangold Extract (lutein)	100 mcg

**Daily Value (DV) not established.

Other ingredients: cellulose, gelatin, sodium croscarmellose, stearic acid, hydroxypropyl cellulose, hypromellose, polydextrose, titanium dioxide color, medium chain triglycerides, magnesium stearate, silica, carmine color.

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.** Do not use if the cap is broken or missing, keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

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 1-800-5NATURE / 1-800-562-8783
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100% OR MORE DV OF 20 VITAMINS & MINERALS
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Supplement Facts

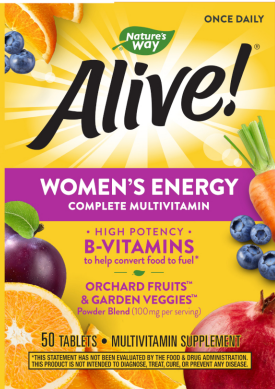
Amount per Serving	% DV
Calcium (as calcium carbonate, D-calcium phosphate, D-calcium pantothenate)	260 mg 20%
Iron (as ferrous fumarate)	18 mg 100%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide)	50 mg 12%
Zinc (as zinc oxide)	11 mg 100%
Selenium (as sodium selenite)	55 mcg 100%
Copper (as copper sulfate)	0.3 mg 100%
Manganese (as manganese sulfate)	2.3 mg 100%
Molybdenum (as sodium molybdate)	45 mcg 100%
Orchard Fruits™ & Garden Veggies™ Powder Blend	100 mg **
Boron (as sodium borate)	150 mcg **
FioraGLD™ Lutein Careblend from Kales Mangold Extract (lutein)	100 mcg

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Other ingredients: cellulose, gelatin, sodium croscarmellose, stearic acid, hydroxypropyl cellulose, hypromellose, polydextrose, titanium dioxide color, medium chain triglycerides, magnesium stearate, silica, carmine color.

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30 ESSENTIAL 100% OR MORE OF DAILY VALUE VITAMINS & MINERALS

Alive!™ multivitamins were created to give you the energy support you need to do all that is important to you! Get the most from your multi, with potent vitamins & minerals and our food-based blends, and live every day feeling Alive!

BALANCED FOR WOMEN TO SUPPORT MULTIPLE BODY SYSTEMS:

- HEART*
- BONES*
- SKIN*
- IMMUNITY*
- EYES*

FREE FROM GLUTEN, YEAST-DERIVED INGREDIENTS, WHEAT, DAIRY, AND PRESERVATIVES

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.

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 Questions? 1-800-5NATURE / naturusway.com

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