

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 blood clotting issue, or if you are taking any medications, consult a healthcare professional before use.

FREE FROM GLUTEN AND ARTIFICIAL COLORS

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. 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.

VEGETARIAN

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Green Bay, WI 54311 USA

Bottled and tested in the USA

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

◆ LG13718.E01 BLK8651E



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

Nature's
Way

ONCE DAILY

Alive!



**WOMEN'S
ULTRA POTENCY
COMPLETE MULTIVITAMIN**

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

150 TABLETS • MULTIVITAMIN SUPPLEMENT

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, OR PREVENT ANY DISEASE.

Supplement Facts

Serving Size 1 Tablet

Amount per Serving % DV**

Vitamin A (as 50% [675 mcg] beta-carotene, 1,350 mcg..... 150%	
50% [675 mcg] retinyl acetate)	
Vitamin C (ascorbic acid)..... 180 mg200%	
Vitamin D3 (as cholecalciferol)..... 50 mcg.....250%	
Vitamin E (as d-alpha tocopheryl succinate)..... 15 mg100%	
Vitamin K (as phytonadione)..... 150 mcg.....125%	
Thiamin (as thiamin mononitrate)..... 20 mg1,667%	
Riboflavin..... 20 mg1,538%	
Niacin (as niacinamide)..... 40 mg250%	
Vitamin B6 (as pyridoxine HCl) 20 mg1,176%	
Folate 667 mcg DFE..... 167%	
(400 mcg Folic Acid)	
Vitamin B12 (as methylcobalamin) 40 mcg..... 1,667%	
Biotin..... 33 mcg..... 110%	
Pantothenic Acid (as D-calcium pantothenate) 20 mg400%	
Choline (as choline bitartrate)..... 11 mg2%	
Calcium (as calcium carbonate, dicalcium phosphate) ... 130 mg10%	
Iron (as ferrous fumarate) 18 mg100%	
Iodine (as potassium iodide)..... 150 mcg.....100%	
Magnesium (as magnesium oxide)..... 105 mg25%	
Zinc (as zinc oxide) 11 mg100%	
Selenium (as sodium selenate) 200 mcg.....364%	
Copper (as copper sulfate)..... 0.9 mg100%	
Manganese (as manganese sulfate)..... 5.8 mg252%	
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,	

Amount per Serving % DV**

Broccoli, Brussels Sprout, Cabbage, Cranberry,	
Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	
Cardio Blend: Hawthorn (berry), Japanese Knotweed (root) 20 mg **	
Extract, Coenzyme Q10 (ubiquinone-10)	
Citrus Bioflavonoid Complex (from orange, grapefruit, 20 mg **	
lemon, lime, tangerine)	
CranRx® Cranberry (fruit) Concentrate..... 20 mg **	
Daily Greens™ Blend: Spirulina, Kelp, Barley (grass), 20 mg **	
Blessed Thistle (stem, leaf, flower), Blue-Green Algae	
(<i>Aphanizomenon flos-aquae</i>), Chlorella, Cilantro (leaf),	
Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass	
(<i>Cymbopogon citratus</i>) (aerial parts), Nettle (<i>Urtica</i> spp.)	
(leaf), Plantain (leaf), Wheat (grass)	
Flax Lignan/Fiber Blend: Flax Lignan (seed) Fiber, 20 mg **	
Flax Lignan (seed hulls) Extract	
Hair, Skin & Nails Blend: Horsetail (stem, leaf), MSM 20 mg **	
(Methylsulfonylmethane), Grape (seed) Extract	
Mushroom Mycelial & Primordia Biomass Defense Blend: 20 mg **	
Organic Reishi (<i>Ganoderma lucidum</i>), Organic Shiitake	
(<i>Lentinula edodes</i>), Organic Hiratake (<i>Pleurotus</i>	
<i>ostreatus</i>), Organic Enokitake (<i>Flammulina velutipes</i>),	
Organic Maitake (<i>Grifola frondosa</i>), Organic	
Yamabushitake (<i>Herichium erinaceus</i>), Organic Agarikon	
(<i>Fomitopsis officinalis</i>), Organic Chaga (<i>Inonotus</i>	
<i>obliquus</i>), Organic Himematsutake (<i>Agaricus brasiliensis/</i>	
<i>blazei</i>), Organic Kowaratake (<i>Trametes versicolor</i>),	
Organic Mesima (<i>Phellinus linteus</i>), Organic Zhu Ling	
(<i>Grifola umbellata</i>)	
Inositol..... 10 mg **	
Digestive Enzyme Blend: Betaine HCl, Bromelain, Papain 7 mg **	
Rutin (from <i>Sophora japonica</i> [flower bud] Extract)..... 5 mg **	
Lutein (from Aztec Marigold [flower] Extract)..... 500 mcg..... **	

**Daily Value (DV) not established.

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