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

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

LG15686.E01 BLK8651E

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Green Bay, WI 54311 USA
Bottled and tested in the USA
Questions? 1-800-9NATURE / naturesway.com

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)

60 TABLETS • MULTIVITAMIN SUPPLEMENT

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

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)	15 mg	100%
Vitamin K (as phytonadione)	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	667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B12 (as methylcobalamin)	40 mcg	1,667%
Biotin	33 mcg	110%
Pantothenic Acid (as D-calcium pantothenate)	20 mg	400%
Choline (as choline bitartrate)	11 mg	2%
Calcium (as calcium carbonate, dicalcium phosphate)	130 mg	10%
Iron (as ferrous fumarate)	18 mg	100%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (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%
Orchard Fruits™ & Garden Veggies™ Powder Blend: Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Açaí, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	60 mg	**
Cardio Blend: Hawthorn (berry), Japanese Knotweed (root) Extract, 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, 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 (seed) Fiber, Flax Lignan (seed hulls) Extract	20 mg	**
Hair, Skin & Nails Blend: Horsetail (stem, leaf), MSM (Methylsulfonylmethane), Grape (seed) Extract	20 mg	**
Mushroom Mycelial & Primordia Biomass Defense Blend: Organic Reishi *(Ganoderma lucidum)*, Organic Shiitake *(Lentinula edodes)*, Organic Hiratake *(Pleurotus ostreatus)*, Organic Enokitake *(Flammulina velutipes)*, Organic Maitake *(Grifola frondosa)*, Organic Yamabushitake *(Hericium erinaceus)*, Organic Agarikon *(Fomitopsis officinalis)*, Organic Chaga *(Inonotus obliquus)*, Organic Himematsutake *(Agaricus brasiliensis/blazei)*, Organic Kawaratake *(Trametes versicolor)*, Organic Mesima *(Phellinus linteus)*, Organic Zhu Ling *(Grifola 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 [flower] Extract)	500 mcg	**

**Daily Value (DV) not established.

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GET THE MOST FROM YOUR MULTI!

Orchard Fruits™ & Garden Veggies™ Powder Blend	CranRx® Concentrate	Mushroom Defense Blend
Cardio Blend	Citrus Bioflavonoid Complex	Daily Greens™ Blend
Digestive Enzyme Blend	Flax Lignan Blend	Hair, Skin & Nails Blend

BALANCED FOR WOMEN

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

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

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!

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