

Other ingredients: citric acid, sodium crosscarmellose, silica, magnesium stearate, hypromellose, gelatin, 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 are taking Coumadin® or any blood thinner, 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.

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◆ LG15890.D01 BLK8651D

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Green Bay, WI 54311 USA
Bottled and tested in the USA
Questions? 1-800-5NATURE | naturerway.com

HIGH POTENCY
A highly potent blend of 40 nutrients

Women's
Natures Way

Alive!

WOMEN'S ULTRA POTENCY COMPLETE MULTIVITAMIN

Enziger® with Food-Based Blends & Orchard Fruits®/Garden Veggies® Powder Blend (60 mg per serving)

30 TABLETS • MULTIVITAMIN SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet		% DV																																																			
Amount per Serving		% DV																																																			
Total Carbohydrate	<1 g	<1%																																																			
Vitamin A (as 50% beta-carotene, 1,350 mcg)	1,350 mcg	150%																																																			
Vitamin D3 (as cholecalciferol)	50 mcg	250%																																																			
Vitamin K (as phytylmethylquinone)	150 mcg	125%																																																			
Riboflavin (as riboflavin mononitrate)	20 mg	1,538%																																																			
Vitamin B6 (as pyridoxine HCl)	20 mg	1,767%																																																			
Vitamin B12 (as methylcobalamin)	40 mcg	1,667%	Biotin	30 mcg	110%	Pantothenic Acid (as D-calcium pantothenate)	20 mg	400%	Choline (as choline bitartrate)	11 mg	2%	Magnesium (as calcium carbonate)	150 mg	100%	Sodium (as sodium chloride)	18 mg	100%	Calcium (as calcium carbonate)	100 mg	100%	Iron (as ferrous fumarate)	18 mg	100%	Copper (as copper sulfate)	0.9 mg	252%	Manganese (as manganese sulfate)	5.8 mg	252%	Molybdenum (as sodium molybdate)	45 mcg	100%	Selenium (as sodium selenite)	20 mcg	364%	Zinc (as zinc oxide)	11 mg	100%	Selenium (as sodium selenite)	20 mcg	364%	Copper (as copper sulfate)	0.9 mg	252%	Manganese (as manganese sulfate)	5.8 mg	252%	Molybdenum (as sodium molybdate)	45 mcg	100%	Other Ingredients: 100 mg		
Biotin	30 mcg	110%	Pantothenic Acid (as D-calcium pantothenate)	20 mg	400%	Choline (as choline bitartrate)	11 mg	2%	Magnesium (as calcium carbonate)	150 mg	100%	Sodium (as sodium chloride)	18 mg	100%	Calcium (as calcium carbonate)	100 mg	100%	Iron (as ferrous fumarate)	18 mg	100%	Copper (as copper sulfate)	0.9 mg	252%	Manganese (as manganese sulfate)	5.8 mg	252%	Molybdenum (as sodium molybdate)	45 mcg	100%	Selenium (as sodium selenite)	20 mcg	364%	Zinc (as zinc oxide)	11 mg	100%	Selenium (as sodium selenite)	20 mcg	364%	Copper (as copper sulfate)	0.9 mg	252%	Manganese (as manganese sulfate)	5.8 mg	252%	Molybdenum (as sodium molybdate)	45 mcg	100%	Other Ingredients: 100 mg					
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Percent Daily Values (DV) are based on a 2,000 calorie diet.

ONCE DAILY

Alive!

WOMEN'S ULTRA POTENCY COMPLETE MULTIVITAMIN

Enziger® with Food-Based Blends & Orchard Fruits®/Garden Veggies® Powder Blend (60 mg per serving)

30 TABLETS • MULTIVITAMIN SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet		% DV
Amount per Serving		% DV
Total Carbohydrate	<1 g	<1%
Vitamin A (as 50% beta-carotene, 1,350 mcg)	1,350 mcg	150%
Vitamin C (ascorbic acid)	150 mg	200%
Vitamin D3 (as cholecalciferol)	50 mcg	250%
Vitamin E (as d-alpha tocopheryl succinate)	15 mg	100%
Vitamin K (as phytylmethylquinone)	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	1,767%
Folate	400 mcg	1,000%
Vitamin B12 (as methylcobalamin)	40 mcg	1,667%
Biotin	30 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	100%
Iron (as ferrous fumarate)	18 mg	100%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium sulfate)	110 mg	25%
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Molybdenum (as sodium molybdate)	45 mcg	100%
Other Ingredients: 100 mg		

Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount per Serving	% DV
Crackberry Blend: Hawthorn (berry), Japanese Knotweed (root), Eleuthero, Coenzyme Q10 (ubiquinone-10)	20 mg
Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine)	20 mg
Crackberry Blend: Hawthorn (berry), Japanese Knotweed (root), Eleuthero, Coenzyme Q10 (ubiquinone-10)	20 mg
Daily Greens® Blend: Spirulina, Kelp, Barley (grass), Blessed Thistle (stem, leaf, flower), Blueberry, Acai (Açaí), Lemon (fruit), Lemon Balm (leaf), Lemongrass (Cymbopogon citratus) (aerial parts), Nettie (Urtica dioica) (leaf), Plantain (leaf, whole 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 Mycelium & Primordia Blend: Reishi, Cordyceps, Lion's Mane, Turkey Tail, Chaga, Shiitake, Maitake, Oyster, Cordyceps, Lion's Mane, Turkey Tail, Chaga, Shiitake, Maitake, Oyster	20 mg
Inositol	10 mg
Digestive Enzyme Blend: Betaine HCl, Bromelain, Papain	5 mg
Rutin (from Sophora japonica (flower bud) Extract)	7 mg
Lutein (from Actaea Marigold (flower) Extract)	500 mcg

Percent Daily Values (DV) are based on a 2,000 calorie diet.

*Daily Value not established.

Other ingredients: citric acid, sodium crosscarmellose, silica, magnesium stearate, hypromellose, gelatin, glycerin, brown rice

FREE FROM GLUTEN AND ARTIFICIAL COLORS

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.

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.

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GET THE MOST FROM YOUR MULTI!

Orchard Fruits®/Garden Veggies® Powder Blend	Crackberry® 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*	BONE HEALTH*
Beta-Carotene (Vitamin A) Vitamins C, E Lutein, Zinc	Calcium, Folate Magnesium, Manganese Vitamins D3, K
HEART HEALTH*	IMMUNE HEALTH*
B-Vitamins Vitamins C, E	Selenium, Zinc Vitamins A, C, D3
ENERGY METABOLISM*	SKIN HEALTH*
B-Vitamins	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!

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

HIGH POTENCY B-VITAMINS to help convert food to fuel

Nature's Way

Alive!

WOMEN'S ULTRA POTENCY COMPLETE MULTIVITAMIN

Enziger® with Food-Based Blends & Orchard Fruits®/Garden Veggies® Powder Blend (60 mg per serving)

30 TABLETS • MULTIVITAMIN SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet		% DV
Amount per Serving		% DV
Total Carbohydrate	<1 g	<1%
Vitamin A (as 50% beta-carotene, 1,350 mcg)	1,350 mcg	150%
Vitamin C (ascorbic acid)	150 mg	200%
Vitamin D3 (as cholecalciferol)	50 mcg	250%
Vitamin E (as d-alpha tocopheryl succinate)	15 mg	100%
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Thiamin (as thiamin mononitrate)	20 mg	1,667%
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Vitamin B6 (as pyridoxine HCl)	20 mg	1,767%
Folate	400 mcg	1,000%
Vitamin B12 (as methylcobalamin)	40 mcg	1,667%
Biotin	30 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	100%
Iron (as ferrous fumarate)	18 mg	100%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium sulfate)	110 mg	25%
Zinc (as zinc oxide)	11 mg	100%
Selenium (as sodium selenite)	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%
Other Ingredients: 100 mg		

Percent Daily Values (DV) are based on a 2,000 calorie diet.

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 kidney dysfunction, a bleeding disorder, or if you are taking Coumadin® or any blood thinner, consult a healthcare professional before use.

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