

19 ESSENTIAL
100%
or more of
DAILY VALUE
VITAMINS & MINERALS

**BALANCED FOR
WOMEN 50+
TO SUPPORT MULTIPLE
BODY SYSTEMS:**

**VALUE
SIZE!**

Nature's
Way

Alive!

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, nursing, or have known hypersensitivity to iodine or hyperthyroidism. 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

Serving Size 1 Tablet

Amount per Serving % DV

Vitamin A (as 70% [630 mcg] retinyl acetate and 30% [270 mcg] beta-carotene)	900 mcg	100%
Vitamin C (ascorbic acid)	135 mg	150%
Vitamin D3 (as cholecalciferol)	50 mcg	250%
Vitamin E (as dl-alpha tocopheryl acetate)	15 mg	100%
Vitamin K (as phytonadione)	120 mcg	100%
Thiamin (as thiamin mononitrate)	3.6 mg	300%
Riboflavin	2.6 mg	200%
Niacin (as niacinamide)	16 mg	100%
Vitamin B6 (as pyridoxine HCl)	5.1 mg	300%
Folate	400 mcg (100% (240 mcg Folic Acid))	
Vitamin B12 (as cyanocobalamin)	40 mcg	1,667%
Biotin	30 mcg	100%
Pantothenic Acid (as D-calcium pantothenate)	7.5 mg	150%

Amount per Serving % DV

Calcium (as calcium carbonate, dicalcium phosphate, D-calcium pantothenate)	260 mg	20%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	50 mg	12%
Zinc (as zinc oxide)	16.5 mg	150%
Selenium (as sodium selenate)	55 mcg	100%
Copper (as copper sulfate)	0.9 mg	100%
Manganese (as manganese sulfate)	4.6 mg	200%
Molybdenum (as sodium molybdate)	45 mcg	100%
Sodium	5 mg	<1%
Orchard Fruits [™] & Garden Veggies [™] Powder Blend (Orange, Blueberry, Carrot, Plum, Pomegranate, Strawberry, Pear, Apple, Beet, Raspberry, Pineapple, Pumpkin, Cherry, Cauliflower, Grape, Banana, Cabbage, Tomato, Acai, Asparagus, Brussels Sprout, Cranberry, Cucumber, Pea, Broccoli, Spinach)	100 mg	**
FloraGLO [®] Lutein (Carotenoid from Aztec Marigold Extract (flower))	300 mcg	**
Boron (as sodium borate)	150 mcg	**

**Daily Value (DV) not established.

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

WOMEN'S 50+

COMPLETE MULTIVITAMIN

**ORCHARD FRUITS[™]
& GARDEN VEGGIES[™]
Powder Blend (100 mg per serving)**

130 TABLETS • MULTIVITAMIN SUPPLEMENT



HEART*



BONES*



**CELLULAR
ENERGY***



IMMUNITY*



EYES*

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.

FREE FROM gluten, soy, yeast-derived ingredients, wheat, dairy, and preservatives.



*FloraGLO is a registered trademark of Kemira Industries, Inc.

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

◆ LG14210.101 BLK87171



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its respective
company.

**CAFFEINE
FREE**