

VALUE
SIZE!

Nature's
Way

Alive!

WOMEN'S 50+ COMPLETE MULTIVITAMIN

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

130 TABLETS • MULTIVITAMIN SUPPLEMENT

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)	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 DFE 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%

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

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, yeast-derived ingredients, wheat, and dairy.

[†]Trademark of its respective company.

Amount per Serving

% DV	
20%	Calcium (as calcium carbonate, dicalcium phosphate, D-calcium pantothenate)
100%	Iodine (as potassium iodide)
12%	Magnesium (as magnesium oxide)
150%	Zinc (as zinc oxide)
100%	Selenium (as sodium selenate)
100%	Copper (as copper sulfate)
200%	Manganese (as manganese sulfate)
100%	Molybdenum (as sodium molybdate)
**	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
**	FloraGLO® Lutein Carotenoid from Aztec Marigold Extract (flower)
**	Boron (as sodium borate)

**Daily Value (DV) not established.

FloraGLO
LUTEIN

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