

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

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.



◆ LG15692.E01 BLK8653E

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

* THIS STATEMENT HAS 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

ONCE DAILY

Alive!



**WOMEN'S 50+
ULTRA POTENCY**
COMPLETE MULTIVITAMIN

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

60 TABLETS • MULTIVITAMIN SUPPLEMENT

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 (240 mcg Folic Acid)	400 mcg DFE 100%
Vitamin B12 (as methylcobalamin)	90 mcg 3,750%
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%
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, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pear, Pineapple, Pumpkin, Spinach	60 mg **

Amount per Serving	% DV**
Mind & Body Energy Blend: Asian Ginseng (root) Extract, Eleuthero (root), Ginkgo biloba (leaf) Extract, Gotu Kola (aerial parts), Rhodiola (root) Extract	30 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 **
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-blaze), Organic Kava (Kava), Organic Mesima (Pheillus linteus), Organic Zhu Ling (Grifola umbellata)	20 mg **
Digestive Enzyme Blend: Betaine HCl, Bromelain, Papain	10 mg **
Rutin (from Sophora japonica [flower bud] Extract)	7 mg **
Lutein (from Aztec Marigold [flower] Extract)	5 mg **
Lutein (from Aztec Marigold [flower] Extract)	1 mg **

**Daily Value (DV) not established.