Recommendation: Adults take 1 tablet daily, preferably with food. Not formulated for 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.

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◆ LG15679.E01 BLK8649E

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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!®

ADULT ULTRA POTENCY
COMPLETE MULTIVITAMIN

Energizer™ with Food-Based Blends & Orchard Fruits™/Garden Veggies™ Powder Blend (100 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†
Total Carbohydrate ..... <1 g	<1%†
Vitamin A (as 50% [900 mcg] beta-carotene, 50% [900 mcg] retinyl acetate) ..... 1,800 mcg	200%
Vitamin C (ascorbic acid) ..... 270 mg	300%
Vitamin D3 (as cholecalciferol) ..... 50 mcg	250%
Vitamin E (as d-alpha tocopheryl succinate) ..... 15 mg	100%
Vitamin K (as phytonadione) ..... 120 mcg	100%
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) ..... 48 mcg	2,000%
Biotin ..... 33 mcg	110%
Pantothenic Acid (as D-calcium pantothenate) ..... 25 mg	500%
Choline (as choline bitartrate) ..... 20 mg	4%
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) ..... 55 mg	13%
Zinc (as zinc oxide) ..... 11 mg	100%
Selenium (as sodium selenite) ..... 158 mcg	287%
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 Cardio Blend: Hawthorn (berry), Japanese Knotweed (root) Extract, Coenzyme Q10 (ubiquinone-10), Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine) 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) Inositol Mushroom Mycelial & Primordia Biomass Defense Blend: Organic Reishi *(Ganoderma lucidum)*, Organic Shiitake *(Lentinula edodes)*, 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)* Digestive Enzyme Blend: Betaine HCl, Bromelain, Papain Rutin (from *Sophora japonica* [flower bud] Extract) Lutein (from Aztec Marigold [flower] Extract)	100 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

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

GET THE MOST FROM YOUR MULTI!

- Orchard Fruits™ & Garden Veggies™ Powder Blend
- Digestive Enzyme Blend
- Mushroom Defense Blend
- Cardio Blend
- Citrus Bioflavonoid Complex
- Daily Greens™ Blend

BALANCED FOR ADULTS

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

MUSCLE FUNCTION* — Magnesium, Vitamins B6, D3

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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Amount per Serving		% DV†
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	**
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	**
Inositol	20 mg	**
Mushroom Mycelial & Primordia Biomass Defense Blend: Organic Reishi *(Ganoderma lucidum)*, Organic Shiitake *(Lentinula edodes)*, 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	**
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	**

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