

Other ingredients: cellulose, stearic acid, sodium croscarmellose, 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 have a blood clotting issue, or if you are taking any medications, consult a healthcare professional before use.

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.

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.

◆ LH15686.D01 BLK8651D

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Green Bay, WI 54311 USA

Questions? 1-800-9NATURE / naturesway.com

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Once Daily

Nature's
way
Alive!

WOMEN'S

**Ultra
Multivitamin**

Promotes
Energy Metabolism
& Muscle Function*

High Potency Complete
Multivitamin for Women

60 TABLETS - MULTIVITAMIN SUPPLEMENT

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 **
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, Chlorella (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 **
Hair, Skin & Nails Blend: Horsetail (stem, leaf), MSM (methylsulfonmethane), Grape (seed) 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 (Gifolia frondosa), Organic Yamabushitake (Hericium erinaceus), Organic Agarikon (Fomitopsis officinalis), Organic Chaga (Inonotus obliquus), Organic Himematsutake (Agaricus brasiliensis-blaze), Organic Kawanarake (Trametes versicolor), Organic Mesima (Phellinus linteus), Organic Zhu Ling (Gifolia umbellata)	20 mg **
Inositol	10 mg **
Digestive Enzyme Blend: Betaine HCl, Bromelain, Papain	7 mg **
Rutin (from Sophora japonica [flower bud] Extract)	5 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.

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Supplement Facts

Serving Size 1 Tablet		
Amount per Serving		% DV†
Total Carbohydrate	<1 g	<1%
Vitamin A (as 50% (675 mcg) beta-carotene, 1,350 mcg)	150%	
50% (675 mcg) retinyl acetate		
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	667 mcg DFE	167%
Vitamin B12 (as methylcobalamin)	40 mcg	1,667%
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%
Iron (as ferrous fumarate)	18 mg	100%
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:	60 mg	**
Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato,		

Amount per Serving	% DV†
Cauliflower, Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pear, Pineapple, Pumpkin, Spinach	
Cardio Blend: Hawthorn (berry), Japanese Knotweed (root) Extract, Coenzyme Q10 (ubiquinone-10)	20 mg **
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