Once Daily

Nature's way

Alive!

WOMEN'S 50+

COMPLETE MULTIVITAMIN

Orchard Fruits™ & Garden Veggies™
Powder Blend (100 mg per serving)

50 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 or nursing. If you have a blood clotting issue, or if you are taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Tablet

Amount per Serving		% DV**
Vitamin A (as 70% [630 mcg] retinyl acetate, 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 DFE (240 mcg Folic Acid)	100%
Vitamin B12 (as cyanocobalamin)	40 mcg	1,667%
Biotin	30 mcg	100%
Pantothenic Acid (as D-calcium pantothenate)	7.5 mg	150%
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%
Orchard Fruits™ & Garden Veggies™ Powder Blend: Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Pear, Tomato, Raspberry, Broccoli, Cherry, Spinach, Cauliflower, Grape, Açai, Asparagus, Banana, Brussels Sprout, Cabbage, Cranberry, Cucumber, Pea, Pineapple, Pumpkin	100 mg	**
FloraGLO® Lutein Carotenoid (from Aztec Marigold [flower] Extract)	300 mcg	**
Boron (as sodium borate)	150 mcg	**

**Daily Value (DV) not established.

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

FloraGLO Lutein ®FloraGLO is a registered trademark of Kemin Industries, Inc.

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

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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.

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WOMEN'S 50+

COMPLETE MULTIVITAMIN

Supports Healthy Heart, Brain & Bones*

Orchard Fruits™ & Garden Veggies™
Powder Blend (100 mg per serving)

50 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.

Get The Most From Your Multi

100% or more Daily Value of 19 vitamins and minerals

- Excellent source of calcium and high potency vitamins B12 and D
- High potency B-vitamin complex helps convert food to fuel*
- Supports heart, brain, immune, and eye health*
- High potency antioxidant vitamins C, E, and selenium
- Balanced for women 50+ to support multiple body systems*

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FREE FROM gluten, wheat, soy, and dairy

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.

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