

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.

**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.



BOTTLE MADE FROM  
50% POST-CONSUMER  
RECYCLED PLASTIC

◆ LH15692.D01 BLK8653D

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Green Bay, WI 54311 USA

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

Once Daily



# Alive!

**WOMEN'S 50+**

## Ultra Multivitamin

Promotes Healthy  
Heart, Brain & Bones\*

High Potency Complete  
Multivitamin for Women 50+

**60 TABLETS - MULTIVITAMIN SUPPLEMENT**

## Supplement Facts

Serving Size 1 Tablet

| Amount per Serving                                                                                                                                  | % DV** |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| 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..... 400 mcg DFE..... 100%                                                                                                                   |        |
| (240 mcg Folic Acid)                                                                                                                                |        |
| 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:..... 60 mg..... **                                                                                  |        |
| Blueberry, Orange, Carrot, Pomegranate, Plum,<br>Strawberry, Apple, Beet, Cherry, Pear, Tomato,<br>Cauliflower, Raspberry, Açaí, Asparagus, Banana, |        |

| Amount per Serving                                                                                                                                                      | % DV** |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Broccoli, Brussels Sprout, Cabbage, Cranberry,<br>Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach                                                                     |        |
| Mind & Body Energy Blend: Asian Ginseng (root) Extract..... 30 mg..... **                                                                                               |        |
| Eleuthero (root), Ginkgo biloba (leaf) Extract, Gotu Kola<br>(aerial parts), Rhodiola (root) Extract                                                                    |        |
| Cardio Blend: Hawthorn (berry), Japanese Knotweed..... 20 mg..... **                                                                                                    |        |
| (root) Extract, Coenzyme Q10 (ubiquinone-10)                                                                                                                            |        |
| Citrus Bioflavonoid Complex (from orange, grapefruit,..... 20 mg..... **                                                                                                |        |
| lemon, lime, tangerine)                                                                                                                                                 |        |
| CranRx® Cranberry (fruit) Concentrate..... 20 mg..... **                                                                                                                |        |
| Daily Greens™ Blend: Spirulina, Kelp, Barley (grass),..... 20 mg..... **                                                                                                |        |
| Blessed Thistle (stem, leaf, flower), Blue-Green                                                                                                                        |        |
| Algae (Aphanizomenon flos-aquae), Chlorella, Cilantro                                                                                                                   |        |
| (leaf), Dandelion (aerial parts), Lemon Balm (leaf),<br>Lemongrass (Cymbopogon citratus) (aerial parts),<br>Nettle (Urtica spp.) (leaf), Plantain (leaf), Wheat (grass) |        |
| Flax Lignan/Fiber Blend: Flax Lignan (seed) Fiber,..... 20 mg..... **                                                                                                   |        |
| Flax Lignan (seed hulls) Extract                                                                                                                                        |        |
| Mushroom Mycelial & Primordia Biomass Defense Blend:..... 20 mg..... **                                                                                                 |        |
| Organic Reishi (Ganoderma lucidum), Organic Shiitake                                                                                                                    |        |
| (Lentinula edodes), Organic Hiratake (Pleurotus                                                                                                                         |        |
| ostreatus), Organic Enokitake (Flammulina velutipes),<br>Organic Maitake (Grifola frondosa), Organic Yamabushitake                                                      |        |
| (Hericium erinaceus), Organic Agarikon (Fomitopsis                                                                                                                      |        |
| officinalis), Organic Chaga (Inonotus obliquus), Organic                                                                                                                |        |
| Himematsutake (Agaricus brasiliensis/blaze), Organic                                                                                                                    |        |
| Kawaratake (Trametes versicolor), Organic Mesima                                                                                                                        |        |
| (Phellinus linteus), Organic Zhu Ling (Grifola umbellata)                                                                                                               |        |
| Inositol..... 10 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)..... 1 mg..... **                                                                                                         |        |

\*\*Daily Value (DV) not established.

\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.  
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.