

Amount per Serving	% DV**
Orchard Fruits™ & Garden Veggies™ Powder Blend: Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Açai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	100 mg **
Resveratrol (from Japanese Knotweed [root] Extract)	700 mcg **
Lutein (from Aztec Marigold [flower] Extract)	200 mcg **
Lycopene (from Tomato [fruit] Extract)	200 mcg **
Boron (as boric acid and citric acid blend)	150 mcg **

**Daily Value not established.

Other ingredients: cellulose, stearic acid, magnesium stearate, silica, hypromellose, glycerin, gelatin

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, SOY, YEAST-DERIVED INGREDIENTS, WHEAT, AND DAIRY

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.

CAFFEINE FREE

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Green Bay, WI 54311 USA
Bottled and tested in the USA
Questions? 1-800-962-8873 / naturesway.com

18 ESSENTIAL
100%
or more of
DAILY VALUE
VITAMINS & MINERALS

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!

BALANCED FOR ADULTS
TO SUPPORT MULTIPLE BODY SYSTEMS:



HEART*



BONES*



SKIN*



IMMUNITY*



EYES*

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

ONCE DAILY



DAILY ENERGY
COMPLETE MULTIVITAMIN

• HIGH POTENCY •
B-VITAMINS
to help convert food to fuel*

ORCHARD FRUITS™ & GARDEN VEGGIES™
Powder Blend
(100 mg per serving)

60 TABLETS • MULTIVITAMIN SUPPLEMENT

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**100% OR MORE DV OF 18
VITAMINS & MINERALS**

Recommendation: Adults take 1 tablet daily, preferably with food. Not formulated for children. Do not exceed recommended dose. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Tablet	
Amount per Serving	% DV**
Vitamin A (as 60% [378 mcg] retinyl acetate, 40% [252 mcg] beta-carotene)	630 mcg 70%
Vitamin C (ascorbic acid)	135 mg 150%
Vitamin D3 (as cholecalciferol)	30 mcg 150%
Vitamin E (as dl-alpha tocopheryl acetate)	15 mg 100%
Vitamin K (as phytonadione)	40 mcg 33%
Thiamin (as thiamin mononitrate)	3.6 mg 300%
Riboflavin	3.9 mg 300%
Niacin (as niacinamide)	32 mg 200%
Vitamin B6 (as pyridoxine HCl)	5.1 mg 300%
Folate	400 mcgDFE 100% (240 mcg Folic Acid)
Vitamin B12 (as cyanocobalamin)	12 mcg 500%
Biotin	30 mcg 100%
Pantothenic Acid (as D-calcium pantothenate)	5 mg 100%
Calcium (as calcium carbonate)	195 mg 15%
Iron (as ferrous fumarate)	18 mg 100%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide)	63 mg 15%
Zinc (as zinc oxide)	11 mg 100%
Selenium (as L-selenomethionine)	55 mcg 100%
Copper (as copper bisglycinate)	0.9 mg 100%
Manganese (as manganese bisglycinate)	2.3 mg 100%
Molybdenum (as sodium molybdate)	45 mcg 100%



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