

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.

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.



BOTTLE MADE FROM
50% POST-CONSUMER
RECYCLED PLASTIC

◆ LH15679.E01 BLK8649E

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Green Bay, WI 54311 USA
Bottled and tested in the USA

Questions? 1-800-962-8873 / naturesway.com

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

Once Daily

Nature's
way

Alive!

ADULT

Ultra
Multivitamin

Promotes
Energy Metabolism,
Heart & Muscle Function*

High Potency Complete
Multivitamin for Adults

60 TABLETS - MULTIVITAMIN SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV†
Total Carbohydrate	<1 g <1%
Vitamin A (as 50% (900 mcg))	1,800 mcg 200%
beta-carotene, 50% (900 mcg)	
Vitamin C (ascorbic acid, retinyl acetate)	270 mg 300%
Vitamin D3 (as cholecalciferol)	50 mcg 250%
Vitamin E (as d-alpha tocopheryl succinate)	15 mg 100%
Vitamin K (as phylloquinone)	120 mcg 100%
Vitamin B1 (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 Folic Acid)	167 mcg 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)	35 mg 13%
Zinc (as zinc oxide)	11 mg 100%
Selenium (as sodium selenate)	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™... 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, gelatin, glycerin, brown rice

Amount per Serving	% DV†
Powder Blend: Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach, Cardo 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, Chlorella (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass (Cymbopogon citratus) (aerial parts), Nettle (Urtica spp.) (leaf), Plantain (leaf), Wheat (grass)	20 mg **
Mushroom Mycelial & Primordia Biomass	20 mg **
Defense Blend: Organic Reishi, Organic Shiitake, Organic Heritake, Organic Enokitake, Organic Maitake, Organic Yamabushitake, Organic Agarikon, Organic Chaga, Organic Himenostictake, Organic Kavaarakake (Himemetes vesicolor), Organic Mesima, Organic Zhu Ling	7 mg **
Digestive Enzyme Blend: Betaine HCl, Bromelain, Papain (flower bud) Extract	5 mg **
Rutin (from Sophora japonica) (flower bud) Extract	500 mcg **
Lutein (from Aztec Marigold [flower] Extract)	

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Other ingredients: cellulose, stearic acid, sodium croscarmellose, silica, magnesium stearate,