

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-deterrent 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.E02 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] retinyl acetate)	
Vitamin C (ascorbic acid).....	270 mg.....300%
Vitamin D3 (as cholecalciferol)...	50 mcg.....250%
Vitamin E (as d-alpha tocopheryl...)	15 mg.....100%
succinate)	
Vitamin K (as phyttonadione).....	120 mcg.....100%
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%
(400 mcg Folic Acid)	
Vitamin B12.....	48 mcg.....2,000%
(as methylcobalamin)	
Biotin.....	33 mcg.....110%
Pantothenic Acid (as D-calcium.....	25 mg.....500%
pantothenate)	
Choline (as choline bitartrate).....	20 mg.....4%
Calcium (as calcium carbonate...)	130 mg.....10%
dicalcium phosphate)	
Iron (as ferrous fumarate).....	18 mg.....100%
Iodine (as potassium iodide).....	150 mcg.....100%
Magnesium.....	55 mg.....13%
(as magnesium oxide)	
Zinc (as zinc oxide).....	11 mg.....100%
Selenium (as sodium selenate).....	158 mcg.....287%
Copper (as copper sulfate).....	0.9 mg.....100%
Manganese.....	5.8 mg.....252%
(as manganese sulfate)	
Molybdenum.....	45 mcg.....100%
(as sodium molybdate)	

Orchard Fruits™ & Garden Veggies™... 100 mg.....**

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 Cardio Blend: Hawthorn (berry).....	20 mg... **
Japanese Knotweed (root) Extract, Coenzyme Q10 (ubiquinone-10) Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine) Daily Greens™ Blend: Spirulina, Kelp.....	20 mg... **
Barley (grass), Blessed Thistle (stem, leaf, flower), Blue-Green Algae (Aphanizomenon flos-aquae), Chlorella, Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass (Cymbopogon citratus) (aerial parts), Nettle (Urtica spp.) (leaf), Plantain (leaf), Wheat (grass) Inositol.....	20 mg... **
Mushroom Mycelial & Primordia.....	20 mg... **
Biomass Defense Blend: Organic Reishi, Organic Shiitake, Organic Hiratake, Organic Enokitake, Organic Maitake, Organic Yamabushitake, Organic Agarikon, Organic Chaga, Organic Himematsutake, Organic Kavaarakake (Trametes versicolor), Organic Mesima, Organic Zhu Ling Digestive Enzyme Blend: Betaine HCl.....	7 mg... **
Bromelain, Papain Rutin (from Sophora japonica [flower bud] Extract) Lutein (from Aztec Marigold [flower] Extract)	5 mg... ** 500 mcg... **

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: cellulose, stearic acid, sodium croscarmellose, silica, magnesium stearate, hypromellose, gelatin, glycerin, brown rice