

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.

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.

◆ LH15686.D02 BLK8651D

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

Once Daily

Nature's way
Alive!

WOMEN'S
Ultra
Multivitamin
Promotes
Energy Metabolism
& Muscle Function*

High Potency Complete
Multivitamin for Women

60 TABLETS • MULTIVITAMIN SUPPLEMENT

Amount per Serving	% DV†
Cardio Blend: Hawthorn (berry), Japanese Knotweed (root) Extract, Coenzyme Q10 (ubiquinone-10)	20 mg **
Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine)	20 mg **
CranRx® Cranberry (fruit) Concentrate	20 mg **
Daily Greens™ Blend: Spirulina, Kelp, 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)	20 mg **
Flax Lignan/Fiber Blend: Flax Lignan (seed) Fiber, Flax Lignan (seed hulls) Extract	20 mg **
Hair, Skin & Nails Blend: Horsetail (stem, leaf), MSM (methylsulfonylmethane), Grape (seed) Extract	20 mg **
Mushroom Mycelial & Primordia Biomass Defense Blend: Organic Reishi, Organic Shiitake, Organic Hiratake, Organic EnokiTake, Organic Maitake, Organic Yamabushitake, Organic Agarikon, Organic Chaga, Organic Himematsutake, Organic KawaTake (Trametes versicolor), Organic Mesima, Organic Zhu Ling	20 mg **
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)	500 mcg **

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

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WOMEN'S
Ultra
Multivitamin
With 23 vitamins
and minerals

10 200% or more Daily Value of
10 vitamins and minerals,
including active form methyl B12

12 Vitamins and minerals
to fill nutrient gaps

13 7 plant-based blends including
CranRx®, Daily Greens™, and
Hair, Skin & Nails blends

14 60 mg Orchard Fruits™
& Garden Veggie™
powder blend per serving

Explore more products at NATURESWAY.COM

Supplement Facts

Amount per Serving	% DV†
Serving Size 1 Tablet	
Total Carbohydrate	<1 g <1%
Vitamin A (as 50% [675 mcg] beta-carotene, 50% [675 mcg] retinyl acetate)	1,350 mcg 150%
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 Folic Acid)	667 mcg 167%
Vitamin B12 (as methylcobalamin)	40 mcg 1,667%
Biotin	33 mcg 1,100%
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%
Iron (as ferrous fumarate)	18 mg 100%
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 Veggie™ Powder Blend: ...	60 mg **
Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato,	

Amount per Serving	% DV†
Cauliflower, Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pear, Pineapple, Pumpkin, Spinach	
Cardio Blend: Hawthorn (berry), Japanese Knotweed (root) Extract, Coenzyme Q10 (ubiquinone-10)	20 mg **
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