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.DO2 BLK8651D

Cardio Blend: Hawthorn (berry), Japanese Knotweed (root)

Extract, Coenzyme Q10 (ubiquinone-10) Citrus Bioflavonoid Complex (from orange, grapefruit, lemon,

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)

Flax Lignan/Fiber Blend: Flax Lignan (seed) Fiber, Flax

Organic Reishi, Organic Shiitake, Organic Hiratake,

Digestive Enzyme Blend: Betaine HCl, Bromelain, Papain

Rutin (from Sophora japonica [flower bud] Extract)

Lutein (from Aztec Marigold [flower] Extract)

Hair, Skin & Nails Blend: Horsetail (stem, leaf), MSM (methyl

CranRx® Cranberry (fruit) Concentrate

Lignan (seed hulls) Extract

sulfonylmethane), Grape (seed) Extract Mushroom Mycelial & Primordia Biomass Defense Blend:

Organic Enokitake, Organic Maitake

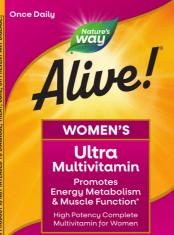
Organic Yamabushitake, Organic Agarikon, Organic Chaga, Organic Himematsutake,

Organic Kawaratake (Trametes versicolor), Organic Mesima, Organic Zhu Ling

Amount per Serving

lime, tangerine)

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**60** TABLETS - MULTIVITAMIN SUPPLEMENT

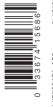
Amount per Se	rving		% D
Total Carbohydr	ate	<1	g<1
Vitamin A (as 50	% [675 mcg] beta-carotene,	1,350	mcg 150
Vitamin C (cocce	g] retinyl acetate)	100	ma 201
Vitamin D3 (se d	rbic acid)holecalciferol)	100 50	mca 251
Vitamin F (as d-	alpha tocopheryl succinate)	15	ma 10
Vitamin K (as nh	lytonadione)	150	mcn 12
Thiamin (as thia	min mononitrate)	20	mg 1 66
Riboflavin		20	mg 1.53
Niacin (as niacir	namide)	40	mg25
Vitamin B6 (as p	yridoxine HCI)	20	mg 1,17
Folate		667	mcanee, 16
	methylcobalamin)(400	mcg Fc	lic Acid)
Vitamin B12 (as	methylcobalamin)	40	mcg 1,66
Biotin		33	mcg 11
Pantothenic Acid	d (as D-calcium pantothenate)	20	mg 40
Choline (as chol	ine bitartrate)	11	mg
dicalcium pho		130	mg 1
Iron /as ferrous	fumarate)	18	ma 10
Indine (as notas	sium iodide)	150	mca 10
Magnesium (as	magnesium oxide)	105	ma2
Zinc (as zinc oxi	de)	11	mg 101
	diúm selenate)		

Orchard Fruits™ & Garden Veggies™ Powder Blend: ... 60 mg

Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato.

ts	Amount per Serving	% DV†
	Cauliflower, Raspberry, Açaí, Asparagus, Banana,	
	Broccoli, Brussels Sprout, Cabbage, Cranberry,	
% <b>DV</b> †	Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	
	Cardio Blend: Hawthorn (berry), Japanese Knotweed	20 mg **
<1%†	(root) Extract, Coenzyme Q10 (ubiquinone-10)	
150%	Citrus Bioflavonoid Complex (from orange, grapefruit,	20 mg ^^
	lemon, lime, tangerine) CranRx® Cranberry (fruit) Concentrate	00 ++
200%	Crankx® Granderry (Iruit) Concentrate	20 mg
250%	(grass), Blessed Thistle (stem, leaf, flower),	20 IIIg
100%	Blue-Green Algae (Aphanizomenon flos-aguae).	- 1
125%	Chlorella, Cilantro (leaf), Dandelion (aerial parts),	- 1
,667%	Lemon Balm (leaf), Lemongrass (Cymbopogon	- 1
,538%	citratus) (aerial parts), Nettle (Urtica spp.)	- 1
250%	(leaf) Plantain (leaf) Wheat (grass)	- 1
,176%	Flax Lignan/Fiber Blend: Flax Lignan (seed) Fiber,	20 mg **
167%		
0070/	Hair, Skin & Nails Blend: Horsetail (stem, leaf),	20 mg **
,667%	IVISM (methylsulfonylmethane), Grape	1.50
110%	(seed) Extract	
2%	Mushroom Mycelial & Primordia Biomass	20 mg **
10%	Defense Blend: Organic Reishi, Organic Shiitake,	
1070	Organic Hiratake, Organic Enokitake,	
100%	Organic Maitake, Organic Yamabushitake,	- 1
100%	Organic Agarikon, Organic Chaga, Organic Himematsutake, Organic Kawaratake	- 1
25%	(Trametes versicolor), Organic Mesima,	- 1
100%	Organic Zhu Ling	- 1
364%	Inositol	10 mg **
100%	Inositol	7 mg**
252%	Betaine HCI, Bromelain, Papain	
100%	Rutin (from Sophora japonica [flower bud] Extract)	5 ma **
_	Lutain /from Arton Marigald (flower) Extract)	F00 ++

Lutein (from Aztec Marigold [flower] Extract)... †Percent Daily Values (DV) are based on a 2,000 calorie diet. \*\*Daily Value not established



10%

2

**WOMEN'S** 

### Ultra **Multivitamin**

With 23 vitamins and minerals



200% or more Daily Value of 10 vitamins and minerals. including active form methul B12



% DV

20 mg

20 ma

20 mg

20 mg

20 ma

20 mg

20 ma

10 mg

7 mg

5 mg

500 mcg

Vitamins and minerals to fill nutrient aaps



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



60 mg Orchard Fruits™ & Garden Veggies™ powder blend per serving

Explore more products at NATURESWAY.COM



**WOMEN'S** 

# Ultra Multivitamin

**Promotes Energy Metabolism** & Muscle Function\*

**High Potency Complete** Multivitamin for Women

**60 TABLETS - MULTIVITAMIN SUPPLEMENT** 

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

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

# **Supplement Facts**

Serving Size 1 Tablet		
Amount per Serving		% DV†
Total Carbohydrate	<1 g	<1%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 HCI)	20 mg	1,176%
Folate	667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B12 (as methylcobalamin)	40 mcg	1,667%
Biotin	33 mcg	110%
Pantothenic Acid (as D-calcium pantothenate)	20 mg	400%
Chaline (se sheline hitestrate)	11	0.07

Choline (as choline bitartrate) 11 mg Calcium (as calcium carbonate, dicalcium phosphate) 130 mg Iron (as ferrous fumarate) 18 mg 100% lodine (as potassium iodide) 150 mcg 100% Magnesium (as magnesium oxide) 25% 105 ma 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 Molybdenum (as sodium molybdate) 100% 45 mca

rchard Fruits™ & Garden Veggies™ 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

#### †Percent Daily Values (DV) are based on a 2,000 calorie diet. Other ingredients: cellulose, stearic acid, sodium croscarmellose, silica, magnesium stearate, hypromellose, gelatin, glycerin, brown rice

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#### FREE FROM gluten and artificial colors.

\*\*Daily Value not established

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Bottled and tested in the USA

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