

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.

FREE FROM gluten and artificial colors.

Keep out of reach of children.

Safety sealed with inner seal.
Do not use if seal 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

◆ LH15692.D03 BLK8653D

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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



Alive!

WOMEN'S 50+

Ultra Multivitamin

Promotes Healthy
Heart, Brain & Bones*

High Potency Complete
Multivitamin for Women 50+

60 TABLETS - MULTIVITAMIN SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV**
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 (240 mcg Folic Acid)	400 mcg DFE ..100%
Vitamin B12 (as methylcobalamin)	90 mcg.....3,750%
Biotin	33 mcg.....110%
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%
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 Veggies™ Powder Blend:	60 mg.....**
Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato,	

Amount per Serving	% DV**
Cauliflower, Raspberry, Açai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	
Mind & Body Energy Blend: Asian Ginseng (root) Extract, 30 mg	****
Eleuthero (root), Ginkgo biloba (leaf) Extract, Gotu Kola (aerial parts), Rhodiola (root) Extract	
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.....**
Mushroom Mycelial & Primordia Biomass	20 mg.....**
Defense Blend: Organic Reishi, Organic Shiitake, Organic Hiratake, Organic Enokitake, Organic Maitake, Organic Yamabushitake, Organic Agarikon, Organic Chaga, Organic Himematsutake, Organic Kawaratake (Trametes versicolor), Organic Mesima, Organic Zhu Ling	
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)	1 mg.....**

**Daily Value (DV) not established.