

With 23 vitamins
and minerals



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



Vitamins and minerals
to fill nutrient gaps



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



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

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.

LH13718.F01 BLK8651F



BOTTLE MADE FROM
50% POST-CONSUMER
RECYCLED PLASTIC

*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!

WOMEN'S

Ultra
Multivitamin

Promotes
Energy Metabolism
& Muscle Function*

High Potency Complete
Multivitamin for Women

150 TABLETS - MULTIVITAMIN SUPPLEMENT

Recommendation: Women take 1 tablet daily, preferably with food. Not formulated for men or children. Do not exceed recommended dose. If you are pregnant, nursing, or taking any medications, consult a health-care professional before use.

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV†
Total Carbohydrate	<1 g <1%‡
Vitamin A (as 50% [675 mcg] beta-carotene, 1,350 mcg [675 mcg] retinyl acetate)	150%
Vitamin C (ascorbic acid)	200%
Vitamin D3 (as cholecalciferol)	250%
Vitamin E (as d-alpha tocopheryl succinate)	100%
Vitamin K (as phytonadione)	33%
Thiamin (as thiamin mononitrate)	10 mg 83%
Riboflavin	10 mg 76%
Niacin (as niacinamide)	35 mg 21%
Vitamin B6 (as pyridoxine HCl)	20 mg 1,176%
Folate	667 mcg DFE 167% (400 mcg Folic Acid)
Vitamin B12 (as methylcobalamin)	40 mcg 1,667%
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%
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%

Amount per Serving

Amount per Serving	% DV†
Orchard Fruits™ & Garden Veggies™ Powder Blend: Beet, Apple, Pomegranate, Carrot, Orange, Asparagus, Brussels Sprout, Cabbage, Cucurbit, Pea, Pear, Pumpkin, Tomato, Blueberry, Banana, Cranberry, Pineapple, Strawberry, Raspberry, Acai, Plum, Cauliflower, Cherry, Grape, Broccoli, Spinach	60 mg **
Cardio Blend: Hawthorn (berry), Japanese Knotweed (root) Extract, Garlic (bulb)	20 mg **
Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine)	20 mg **
CranRx® Cranberry (fruit)	20 mg **
Daily Greens™ Blend: Spirulina, Kelp, Barley (grass), Blessed Thistle (stem, leaf, flower), Blue-Green Algae (<i>Aphanizomenon flos-aquae</i>), Chlorella, Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemnongrass (<i>Cymbopogon citratus</i>) (aerial parts), Nettle (<i>Urtica</i> 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 (methylsulfoniomethane), Grape (seed) Extract	20 mg **
Mushroom Mycellial & Primordia Biomass Defense Blend: Organic Reishi, Organic Shiitake, Organic Oyster Mushroom, Organic Enokitake, Organic Lion's Mane, Organic Maitake, Organic Agarikon, Organic Almond Mushroom, Organic Chaga, Organic Mesima, Organic Turkey Tail, Organic Zhu Lung	20 mg **
Inositol	10 mg **
Digestive Enzyme Blend: Betaine HCl, Bromelain, Papain	7 mg **
Rutin (from <i>Sophora japonica</i> [flower bud] Extract)	5 mg **
Lutein (from Aztec Margold [flower] Extract)	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, glycerin, gelatin, brown rice

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Bottled and tested in the USA

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