

Amount Per Serving	% DV
Aquasque, Broccoli, Cauliflower, Beet, Carrot, Cabbage, Garlic	
Cardiovascular Blend Hawthorn (berry), Japanese Knotweed (standardized to 50% resveratrol), Coenzyme Q10 (ubiquinone)	20 mg **
Green Food/Spinulins Blend Spinulins (microalgae), Kelp/Bladderwrack (whole thallus), Alfalfa (leaf, stem), Barley Grass (grass), Dandelion (leaf), Wild Grass (grass), Melissa (leaf), Lemongrass (grass), Nettie (leaf), Blessed Thistle (stem, leaf, flower), Chlorella (broken-cell microalgae), Plantain (leaf), Blue Green Algae (microalgae), Cilantro (leaf)	20 mg **
Organic Mushroom Defense Blend Cordyceps, Reishi, Shitake, Hiratake, Matsutake, Yamabushitake, Himematsutake, Kowarabake, Chaga, Zhu Ling, Agaricus, Mesima	20 mg **
Digestive Enzyme Blend Concentrated enzyme formula (Protease I, Protease II, Amylase, Papain, Lactase, Cellulase, Alpha Galactosidase, Invertase, Lipase), Betaine HCl, Bromelain (from pineapple), Papain (from papaya)	20 mg **
Citrus Bioflavonoid Complex (from lemon, orange, grapefruit, lime, tangerine) providing: Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones	20 mg **
Choline (as choline bitartrate)	20 mg **
Inositol	20 mg **
Rutin	5 mg **
Boron (as amino acid chelate)	1 mg **
Lutein (from marigold)	500 mcg **
Lycopene (from tomato extract [fruit])	200 mcg **

**Daily Value (DV) not established.

Other ingredients: Cellulose, Vegetable stearic acid, Vegetable modified cellulose gum, Vegetable modified cellulose, Silica, Vegetable magnesium stearate, Vegetable glycerin

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.

Contains no salt, sugar, yeast, wheat grain, dairy products, artificial flavoring, colors or preservatives.

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THE MOST COMPLETE ONCE DAILY MULTI-VITAMIN FOR ADULTS

Alive! Ultra Potency is nutrition you can feel with more energizing nutrients from more natural sources than other multi-vitamin brands.

- High potency B-vitamins for energy*
- 1,000 IU of vitamin D3
- Plant-based Aquamin® calcium
- Potent citrus bioflavonoids
- Cardiovascular support blend*
- Plus lutein and lycopene



WHOLE BODY NOURISHMENT

with essential nutrients that help support:

BONE HEALTH* Boron, Calcium, Folic Acid, Magnesium, Manganese, Vitamins D & K	COLON HEALTH* Calcium, Folic Acid, Selenium, Vitamin D
DAILY ENERGY* Magnesium, Niacin, Pantothenic Acid, Riboflavin, Thiamin, Vitamin B6	EYE HEALTH* Lutein, Vitamin A (Beta Carotene), Vitamins C & E, Zinc
HEART HEALTH* Folic Acid, Pomegranate, Resveratrol, Vitamins B6, B12, C & E	IMMUNE DEFENSE* Antioxidants, Selenium, Vitamins A, C & D, Zinc

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Nature's Way

Alive!

Once Daily

Multi-Vitamin

ULTRA POTENCY

DIETARY SUPPLEMENT • 60 TABLETS

SATISFACTION GUARANTEED. Safety sealed for your protection with printed outer shrinkwrap and printed inner freshness seal under child resistant bottle cap. Do not use if either seal is broken or missing. Store at room temperature. Keep bottle tightly closed. Keep out of reach of children.



(6798) 2016091X01

Recommendation: Take 1 tablet daily, preferably with food. As with any supplement, if you are pregnant, nursing or taking medication, consult your doctor before use. Not formulated for children. Do not exceed recommended use.

Supplement Facts

Serving Size: 1 Tablet / Servings Per Container: 60

Amount Per Serving	% DV
Vitamin A (50% [5,000 IU] as Vitamin A acetate and 50% [5,000 IU] as beta carotene)	250%
Vitamin C (ascorbic acid)	250 mg 417%
Vitamin D (as cholecalciferol)	1,000 IU 250%
Vitamin E (as d-alpha tocopheryl succinate)	120 IU 400%
Vitamin K (as phytylmethyl succinate)	80 mcg 100%
Thiamin (as thiamin mononitrate)	25 mg 1,667%
Riboflavin (Vitamin B2)	25 mg 1,471%
Niacin (as niacinamide)	50 mg 250%
Vitamin B6 (as pyridoxine HCl)	40 mg 2,000%
Folic Acid	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	120 mcg 2,000%
Biotin	325 mcg 108%
Pantothenic Acid (as d-calcium pantothenate)	50 mg 500%
Calcium (from Aquamin® calcified mineral source: Red Algae Lithothamnion sp. [whole plant])	100 mg 10%
Iron (as ferrous fumarate)	18 mg 100%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (from Aquamin® calcified mineral source: Red Algae Lithothamnion sp. [whole plant], as oxide)	50 mg 13%
Zinc (as zinc oxide)	15 mg 100%
Selenium (as sodium selenate)	200 mcg 286%
Copper (as copper sulfate)	2 mg 100%
Manganese (as manganese sulfate)	5 mg 250%
Chromium (as chromium picolinate)	250 mcg 208%
Molybdenum (as sodium molybdate)	75 mcg 100%
Potassium (as potassium chloride)	5 mg <1%

Orchard Fruits™ Blend	50 mg **
Pomegranate (seed), Acai Extract (whole palm fruit), Juice	
Powders: Grape, Plum, Cranberry, Blueberry, Strawberry, Blackberry, Bilberry, Cherry, Apricot, Papaya, Orange, Pineapple	
Garden Veggies™ Juice Powder Blend	50 mg **
Parsley, Kale, Spinach, Wheat Grass, Brussels Sprout	