Nature's Way®

COMPLETE MULTIVITAMIN

HIGH POTENCY • WHOLE FOOD ENERGIZER™

26 FRUITS & VEGETABLES plus RESVERATROL & LUTEIN

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

***ALIVE!™ WOMEN'S ENERGY** provides Vitamins, Minerals, Fruits, Vegetables and Antioxidants specially formulated for a woman's needs and to help support:*

- Energy*
- Heart Health*
- Bones*
- Colon Health*
- Eyes*
- Immunity*
- Plus Hair, Skin, Nails and Breast Health*

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NEW

Alive!™

BREAST & BONE HEALTH SUPPORT*

WOMEN'S ENERGY

MULTIVITAMIN - MULTIMINERAL

DIETARY SUPPLEMENT

ONCE DAILY
50 TABLETS

Provides essential nutrients to help support:

BREAST HEALTH* *Vitamin D* **HEALTHY HAIR, SKIN & NAILS*** *Vitamin C, Biotin*	
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, Selenium, 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*

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Contains no sugar, yeast, wheat grain, corn, dairy products, artificial flavoring or preservatives. All colors used are from natural sources.

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

Keep out of reach of children.

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Green Bay, WI 54311 USA • Made in the USA

Questions or comments? Call 1-800-9NATURE or visit www.natursway.com

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Supplement Facts

Serving Size 1 Tablet / Servings Per Container 50

Amount Per Serving	% DV
Total Dihydrofolate	<1 ug*
Vitamin A (40% as beta carotene)	3,500 IU 70%
Vitamin C	60 mg 100%
Vitamin D	1,000 IU 250%
Vitamin E	30 IU 100%
Vitamin K	60 mcg 75%
Thiamin (Vitamin B1)	4.5 mg 300%
Riboflavin (Vitamin B2)	5.1 mg 300%
Niacin (Vitamin B3)	20 mg 100%
Vitamin B6	6 mg 300%
Folic Acid	400 mcg 100%
Vitamin B12	18 mcg 300%
Biotin	300 mcg 100%
Pantothenic Acid	15 mg 150%
Calcium	500 mg 50%
Iron	18 mg 100%
Iodine	150 mcg 100%
Selenium	70 mcg 100%
Zinc	15 mg 100%
Copper	2 mg 100%
Manganese	2 mg 100%
Chromium	120 mcg 100%
Molybdenum	75 mcg 100%
Sodium	5 mg <1%
Orchard Fruits™ Blend	50 mg **
Pomegranate, Acai, Plum, Cranberry, Blueberry, Strawberry, Black-berry, Blackberry, Acai Powder, Berry Powder, Apricot Juice Powder, Cherry Juice Powder, Papaya Juice Powder, Orange Juice Powder, Grape Juice Powder, Pineapple Juice Powder, Carrot, Cabbage, Garlic), Marguerite Sesame, d-alpha tocopheryl acetate (Vitamin E), Ascorbyl Palmitate (Vitamin C), Folate (Folic Acid), Cyanocobalamin (Vitamin B12), Sulfate (Vitamin B1), Mononitrate (Vitamin B3), Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Biotin, Phylloquinone (Vitamin K), Cholecalciferol (Vitamin D3), Thiamin Dioxide Juice, Hydroxide, Phosphate, Acetate, Cupric Sulfate (Copper), Potassium Iodide, Sodium Selenite, Chromium Picolinate, Folic Acid, Biotin, Sodium Selenite, Iron Oxide Color.
Garden Veggies™ Blend	50 mg **
Parsley, Kale, Spinach, Wheat Grass, Brussels Sprout, Broccoli, Cauliflower, Beet, Carrot, Cabbage, Garlic	
Resveratrol	700 mcg **
Boron	150 mcg **
Lutein	100 mcg **

Percent Daily Values are based on a 2,000 calorie diet.
****Daily Value (DV) not established.**

INGREDIENTS: Calcium Carbonate, Cellulose, Magnesium Oxide, Modified Cellulose Gum, Ascorbic Acid (Vitamin C), Fernata Fruits™ Blend (Pomegranate Seed), Acai Extract (Amber palm fruit), Plum Juice Powder, Cranberry Juice Powder, Blueberry Juice Powder, Strawberry Juice Powder, Blackberry Juice Powder, Berry Powder, Cherry Juice Powder, Apricot Juice Powder, Papaya Juice Powder, Orange Juice Powder, Grape Juice Powder, Pineapple Juice Powder, Carrot, Cabbage, Garlic), Marguerite Sesame, d-alpha tocopheryl acetate (Vitamin E), Ascorbyl Palmitate (Vitamin C), Folate (Folic Acid), Cyanocobalamin (Vitamin B12), Sulfate (Vitamin B1), Mononitrate (Vitamin B3), Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Biotin, Phylloquinone (Vitamin K), Cholecalciferol (Vitamin D3), Thiamin Dioxide Juice, Hydroxide, Phosphate, Acetate, Cupric Sulfate (Copper), Potassium Iodide, Sodium Selenite (Vitamin A), Beta Carotene (Vitamin A), Lutein (Vitamin B2), Vitamin A Acetate, Cupric Sulfate (Copper), Potassium Iodide, Sodium Selenite, Chromium Picolinate, Folic Acid, Biotin, Sodium Selenite, Iron Oxide Color.

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.

Alive!™
WOMEN'S ENERGY
With **1,000 IU of Vitamin D** to support breast health*
Plus extra **B-vitamins** for energy*

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Alive!™
WOMEN'S ENERGY
High Potency Multivitamin
Whole Food Energizer™
26 Fruits/Veggies

WOMEN'S ENERGY
Multivitamin & Whole Food Energizer™

CAFFEINE-FREE • NO STIMULANTS

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 use in children. Do not exceed recommended dose.

Supplement Facts

Serving Size 1 Tablet / Servings Per Container 50

Amount Per Serving	% DV
Iodine	150 mcg 100%
Selenium	70 mcg 100%
Zinc	15 mg 100%
Copper	2 mg 100%
Manganese	2 mg 100%
Chromium	120 mcg 100%
Molybdenum	75 mcg 100%
Sodium	5 mg <1%
Orchard Fruits™ Blend	50 mg **
Pomegranate, Acai, Plum, Cranberry, Blueberry, Strawberry, Black-berry, Blackberry, Acai Powder, Berry Powder, Apricot Juice Powder, Cherry Juice Powder, Papaya Juice Powder, Orange Juice Powder, Grape Juice Powder, Pineapple Juice Powder, Carrot, Cabbage, Garlic), Marguerite Sesame, d-alpha tocopheryl acetate (Vitamin E), Ascorbyl Palmitate (Vitamin C), Folate (Folic Acid), Cyanocobalamin (Vitamin B12), Sulfate (Vitamin B1), Mononitrate (Vitamin B3), Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Biotin, Phylloquinone (Vitamin K), Cholecalciferol (Vitamin D3), Thiamin Dioxide Juice, Hydroxide, Phosphate, Acetate, Cupric Sulfate (Copper), Potassium Iodide, Sodium Selenite, Chromium Picolinate, Folic Acid, Biotin, Sodium Selenite, Iron Oxide Color.	
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