

Amount Per Serving	% Daily Value
providing amino acids: Glutamic acid, Aspartic acid, Arginine, Leucine, Lysine, Serine, Propanolamine, Valine, Isoleucine, Alanine, Proline, Glycine, Threonine, Tyrosine, Histidine, Methionine, Cysteine, Tryptophan	
Cardiovascular Blend with Resveratrol Hawthorn (berry), Japanese Knotweed (standardized to 50% resveratrol), Coenzyme Q10 (ubiquinone)	100 mg **
Orchard Fruits™ Blend Pomegranate (seed), Acai Extract (whole palm fruit), Juice Powders: Grape, Plum, Cranberry, Blackberry, Strawberry, Blackberry, Bilberry, Cherry, Apricot, Papaya, Orange, Pineapple	100 mg **
Garden Veggies™ Juice Powder Blend Parsley, Kale, Spinach, Wheat Grass, Brussels Sprout, Asparagus, Broccoli, Cauliflower, Beet, Carrot, Cabbage, Garlic	100 mg **
Organic Mushroom Defense Blend Cordyceps, Reishi, Shiitake, Hiratake, Maitake, Yamabushitake, Himematsutake, Kawarabake, Chaga, Zhu Ling, Agarikon, Mesima	100 mg **
Digestive Enzyme Blend Concentrated enzyme formula (Protease II, Amylase, Papain, Lipase, Lactase, Cellulase, Alpha-Galactosidase, Invertase, Lipase), Betaine HCl, Bromelain (from pineapple), Papain (from papaya)	100 mg **
Omega 3/6/9 Fatty Acid Seed Blend Flax Seed Powder (dry, cold pressed), Sunflower Seed Powder (dry, cold pressed)	100 mg **
Citrus Bioflavonoid Complex (from lemons, oranges, grapefruit, lime, tangerine) providing: Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones	60 mg **
Siberian Eleuthero (root)	50 mg **
Inositol	50 mg **
Choline (as choline bitartrate)	30 mg **
Rutin	25 mg **
Boron (as amino acid chelate)	1 mg **
Lutein (from marigold)	500 mcg **

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

Other ingredients: Plant-derived capsule, Vegetable magnesium stearate. Contains no sugar, salt, yeast, wheat grain, dairy products, artificial flavors, colors or preservatives. Vcaps® is a registered trademark of Capsugel.

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MAX POTENCY ALIVE!™

BALANCED FOR ADULTS

• Maximized levels of vitamins, minerals, antioxidants and food-based nutrients

• High potency B-vitamins for energy*

• Extra cardiovascular support with CoQ10 and hawthorn*

• 1,000 IU of Vitamin D

• Plus antioxidants, acai and pomegranate



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, Panthothenic Acid, Riboflavin, Thiamin, Vitamin B6	EYE HEALTH* Lutein, Vitamin A (Beta Carotene), Vitamins C & E, Zinc
HEART HEALTH* Vitamins B6, B12, C & E, Folic Acid, CoQ10	IMMUNE DEFENSE* Antioxidants, Selenium, Vitamins A, C & D, Zinc

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

NO ADDED IRON

Nature's Way

Alive!

Whole Food Energizer™

Multi-Vitamin

MAX POTENCY

#1
MEGA
NUTRIENT

90 VCAPS® CAPSULES - DIETARY SUPPLEMENT

SATISFACTION GUARANTEED. Safely sealed for your protection with printed outer shrinkwrap and printed inner freshness seal under 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.



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Recommendation: Take 6 capsules 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 6 Capsules / Servings Per Container 15

Amount Per Serving	% Daily Value
Calories	15
Total Carbohydrate	2g 1%†
Vitamin A (33% 15,000 IU) as retinyl acetate and 67% 110,000 IU (as beta carotene)	15,000 IU 300%
Vitamin C (ascorbic acid)	1,000 mg 1,667%
Vitamin D (as ergocalciferol)	1,000 IU 250%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU 667%
Vitamin K (as phytylquinone)	80 mcg 100%
Thiamin (as thiamin mononitrate)	25 mg 1,667%
Riboflavin (Vitamin B2)	25 mg 1,471%
Niacin (as niacinamide)	125 mg 625%
Vitamin B6 (as pyridoxine HCl/pyridoxal 5-phosphate)	50 mg 2,500%
Folic Acid	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	200 mcg 3,333%
Biotin	325 mcg 106%
Panthothenic Acid (as d-calcium pantothenate)	125 mg 1,250%
Calcium (as citrate/carbonate)	250 mg 25%
Iodine (from kelp powder, as potassium iodide)	150 mcg 100%
Magnesium (as citrate/oxide)	125 mg 31%
Zinc (as zinc gluconate)	15 mg 100%
Selenium (as L-selenomethionine)	200 mcg 286%
Copper (as amino acid chelate)	2 mg 100%
Manganese (as amino acid chelate)	5 mg 250%
Chromium (as chromium picolinate)	250 mcg 208%
Molybdenum	75 mcg 100%
Potassium (as amino acid chelate)	50 mg 1%

Green Food/Spirulina Blend
Spirulina (microalgae), Alfalfa (leaf, stem), Barley Grass (grass), Dandelion (leaf), Wheat Grass (grass), Melissa (leaf), Lemon Grass (grass), Nettie (leaf), Blessed Thistle (stem, leaf, flower), Chlorella (broken-cell microalgae), Plantain (leaf), Blue Green Algae (microalgae), Cilantro (leaf), Kelp (whole thallus).