

Amount Per Serving	% Daily Value
(grains), Nettle (leaf), Blessed Thistle (stem, leaf, flower), Chondria (brown-coat microalgae), Plantain (leaf), Blue Green Algae (microalgae), Clostridia (leaf), Help white thistle, providing amino acids: Glutamic acid, Aspartic acid, Arginine, Leucine, Isoleucine, Serine, Phenylalanine, 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, Hericium, Matsutake, Yamabushitake, Wintermushrooms, Kawarabake, Chaga, Zhu Ling, Agaricus, Maitake	100 mg **
Digestive Enzyme Blend Concentrated enzyme formula (Protease I, Protease II, Amylase, Peptidase, 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 lemon, orange, grapefruit, lime, tangerine providing: Hesperidin, Naringin, Naringenin, Erucicidin, 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: Vegetable cellulose, Vegetable stearic acid, Vegetable modified cellulose gum, Silica, Vegetable modified cellulose, Vegetable magnesium stearate, Vegetable glycerin

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

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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 & E	COLON HEALTH* Calcium, Folic Acid, Selenium, Vitamin D
DAILY ENERGY* Magnesium, Nicotinamide, Pantothenic Acid, Riboflavin, Thiamine, 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 TABLETS • DIETARY SUPPLEMENT

SATISFACTION GUARANTEED. Safety 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 3 tablets 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 3 Tablets / Servings Per Container 30

Amount Per Serving	% Daily Value
Calcium	15
Total Carbohydrate	3g 1%
Dietary Fiber	<1g 3%
Protein	<1g 1.5%
Vitamin A (30% [5,000 IU] as retinyl acetate and 60% [10,000 IU] as beta carotene)	15,000 IU 300%
Vitamin C (as ascorbic acid)	1,000 mg 1,667%
Vitamin D (as cholecalciferol)	1,000 IU 250%
Vitamin E (as d-alpha-tocopheryl succinate)	300 IU 667%
Vitamin K (as phytonadione)	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)	300 mcg 3,333%
Biotin	325 mcg 100%
Pantothenic 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/bisect)	125 mg 31%
Zinc (as zinc gluconate)	15 mg 100%
Selenium (as L-selenomethionine)	200 mcg 200%
Copper (as amino acid chelate)	2 mg 100%
Manganese (as amino acid chelate)	5 mg 250%
Chromium (as chromium picolinate)	250 mcg 200%
Molybdenum	75 mcg 100%
Sodium	15 mg 1%
Potassium (as amino acid chelate)	50 mg 1%
Green Food Spirulina Blend	400 mg **
Spirulina (microalgae), Alfalfa (leaf, stem), Barley Grass (grass), Dandelion (leaf), Wheat Grass (grass), Melissa (leaf), Lemon Grass	