

Amount Per Serving	% DV
Cardiovascular Blend	20 mg **
Heartthum (berry), Japanese Knotweed standardized to 50% isomerized, Coenzyme Q10 (ubiquinone)	
Overbri™ Cranberry fruit solids standardized to PACs (proanthocyanidins)	20 mg **
Hair, Skin & Nail Blend with MSM	20 mg **
Horsetail grass (stem, leaf), Methylsulfonylmethane (MSM); Tru-OPC™ grape seed extract standardized to 95% antioxidants (95% oligomeric procyanidins) [OPCs], 30% other active polyphenols	
Flax Lignan Blend with SDC Lignans	20 mg **
High lignan flax fiber (seed); Flax lignan extract (seed hulls) standardized to 20% secoisolarotriol diglycoside (SDG) lignan	
Green Food/Spirulina Blend	20 mg **
Spirulina (microalgae); Kelp/Bladderwrack (whole thallus); 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)	
Organic Mushroom Defense Blend	20 mg **
Cordyceps; Reishi; Shiitake; Maitake; Yamabushitake; Himematsutake; Kawaratake; Chaga; Zhu Ling; Agarikon; Mesima	
Digestive Enzyme Blend	20 mg **
Concentrated enzyme formula (Protease I, Protease II, Amylase, Pepsinase, Lactase, Cellulase, Alpha Galactosidase, Invertase, Lipase); Betaine HCl; Bromelain (from pineapple); Papain (from papaya)	
Citrus Bioflavonoid Complex (from lemon, orange, grapefruit, lime, tangerine) providing: Hesperidin, Naringin, Narirutin, Eriodiol, Flavonols and Flavones	
Choline (as choline bitartrate)	10 mg **
Inositol	10 mg **
Rutin	5 mg **
Biotin (as amino acid chelate)	1 mg **
Lutein (from marigold)	500 mcg **

**Daily Value (DV) not established.

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

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
- **Flax Lignan, CranR_x®** and **Hair, Skin & Nail** support blends*



WHOLE BODY NOURISHMENT

with essential nutrients that help support:

BREAST HEALTH* Vitamin D, Lignans / **URINARY HEALTH*** CranR_x®
HAIR, SKIN & NAILS* Horsetail, MSM, Tru-OPC™, Biotin, Vitamin C

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* 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

Women's

ULTRA POTENCY

DIETARY SUPPLEMENT - 60 TABLETS

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% (3,750 IU) as Vitamin A acetate and 50% (3,750 IU) as beta carotene)	7,500 IU 150%
Vitamin C (ascorbic acid)	120 mg 200%
Vitamin D (as cholecalciferol)	1,000 IU 250%
Vitamin E (as d-alpha-tocopheryl succinate)	100 IU 333%
Vitamin K (as phytonadione)	100 mcg 125%
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	800 mcg 200%
Vitamin B12 (as cyanocobalamin)	100 mcg 1,667%
Biotin	325 mcg 108%
Panthenic Acid (as d-calcium pantothenate)	40 mg 400%
Calcium (from Aquamin®) calcified mineral source Red Algae Lithothamnion sp. (whole plant)	200 mg 20%
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	100 mg 25%
Zinc (as zinc oxide)	15 mg 100%
Selenium (as sodium selenate)	250 mcg 357%
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%

Orchard Fruits™ Blend 30 mg **
 Pomegranate (seed); Acai Extract (whole plant fruit); Juice Powders: Grape, Plum, Cranberry, Blueberry, Strawberry, Blackberry, Bilberry, Cherry, Apricot, Papaya, Orange, Pineapple
 Garden Veggies™ Juice Powder Blend 30 mg **
 Parsley; Kale; Spinach; Wheat Grass; Brussels Sprout; Asparagus; Broccoli; Cauliflower; Beet; Carrot; Cabbage; Garlic

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.



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