

| Amount Per Serving                                                                                                                                                                                                                                                                                                                          | % DV |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| <b>Mind &amp; Body Energy Blend</b> 30 mg **                                                                                                                                                                                                                                                                                                |      |
| Ginkgo biloba Extract (leaf); Siberian Eleuthero (root); Rhodiola Rosea Extract (root) standardized to 3% rosavins and 1% salidroside; Korean Ginseng (root); Gotu Kola (stem, leaf)                                                                                                                                                        |      |
| <b>Cardiovascular Blend</b> 20 mg **                                                                                                                                                                                                                                                                                                        |      |
| Hawthorn (berry); Japanese Knotweed standardized to 50% resveratrol; Coenzyme Q10 (ubiquinone)                                                                                                                                                                                                                                              |      |
| <b>CranRx® Cranberry fruit solids</b> 20 mg **                                                                                                                                                                                                                                                                                              |      |
| standardized to PACs (proanthocyanidins)                                                                                                                                                                                                                                                                                                    |      |
| <b>Flax Lignan Blend with SDG Lignans</b> 20 mg **                                                                                                                                                                                                                                                                                          |      |
| High lignan flax fiber (seed); Flax lignan extract (seed hulls) standardized to 20% secoisolariciresinol diglycoside (SDG) lignan                                                                                                                                                                                                           |      |
| <b>Green Food/Spirulina Blend</b> 20 mg **                                                                                                                                                                                                                                                                                                  |      |
| Spirulina (microalgae); Kelp/Bladderwrack (whole thallus); Alfalfa (leaf, stem); Barley Grass (grass); Dandelion (leaf); Wheat Grass (grass); Melissa (leaf); Lemon Grass (grass); Nettle (leaf); Blessed Thistle (stem, leaf, flower); Chlorella (broken-cell microalgae); Plantain (leaf); Blue Green Algae (microalgae); Cilantro (leaf) |      |
| <b>Organic Mushroom Defense Blend</b> 20 mg **                                                                                                                                                                                                                                                                                              |      |
| Cordyceps; Reishi; Shiitake; Hiratake; Yamabushitake; Himematsutake; Kewaratake; Chaga; Zhu Ling; Agarikon; Mesima                                                                                                                                                                                                                          |      |
| <b>Digestive Enzyme Blend</b> 20 mg **                                                                                                                                                                                                                                                                                                      |      |
| Concentrated enzyme formula (Protease I, Protease II, Amylase, Peptidase, Lactase, Cellulase, Alpha Galactosidase, Invertase, Lipase); Betaine HCl; Bromelain (from pineapple); Papain (from papaya)                                                                                                                                        |      |
| <b>Citrus Bioflavonoid Complex</b> 20 mg **                                                                                                                                                                                                                                                                                                 |      |
| (from lemon, orange, grapefruit, lime, tangerine) providing: Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones                                                                                                                                                                                                            |      |
| <b>Choline (as choline bitartrate)</b> 10 mg **                                                                                                                                                                                                                                                                                             |      |
| <b>Inositol</b> 10 mg **                                                                                                                                                                                                                                                                                                                    |      |
| <b>Rutin</b> 5 mg **                                                                                                                                                                                                                                                                                                                        |      |
| <b>Lutein (from marigold)</b> 1 mg **                                                                                                                                                                                                                                                                                                       |      |
| <b>Boron (as amino acid chelate)</b> 1 mg **                                                                                                                                                                                                                                                                                                |      |

\*\*Daily Value (DV) not established.

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

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

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Questions? Call 1-800-9NATURE or visit [www.naturesway.com](http://www.naturesway.com)  
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## THE MOST COMPLETE ONCE DAILY MULTI-VITAMIN FOR WOMEN 50+

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, CranRx® and Mind & Body Energy support blends\*



## WHOLE BODY NOURISHMENT with essential nutrients that help support:

**BREAST HEALTH\*** Vitamin D, Lignans / **URINARY HEALTH\*** CranRx®  
**MIND & BODY ENERGY\*** Ginkgo biloba, Ginseng, Rhodiola, Eleuthero

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



# Alive!

## Once Daily

### Women's 50+ ULTRA POTENCY

### MULTI-VITAMIN & WHOLE FOOD ENERGIZER™

26 Fruits & Vegetables • Green Foods • Mushrooms  
Enzymes • Antioxidants • Lutein • Resveratrol

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)                                                                                                                                                     | 225 mcg 3,750% |
| Biotin                                                                                                                                                                              | 325 mcg 108%   |
| Pantothenic Acid (as d-calcium pantothenate)                                                                                                                                        | 40 mg 400%     |
| Calcium (from Aquamin® calcified mineral source Red Algae <i>Lithothamnion</i> sp. [whole plant])                                                                                   | 200 mg 20%     |
| Iodine (as potassium iodide)                                                                                                                                                        | 150 mcg 100%   |
| Magnesium (from Aquamin® calcified mineral source Red Algae <i>Lithothamnion</i> 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%    |
| <b>Orchard Fruits™ Blend</b> 30 mg **                                                                                                                                               |                |
| Pomegranate (seed); Açaí Extract (whole palm fruit); Juice Powders: Grape; Plum; Cranberry; Blueberry; Strawberry; Blackberry; Bilberry; Cherry; Apricot; Papaya; Orange; Pineapple |                |
| <b>Garden Veggies™ Juice Powder Blend</b> 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 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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