

Amount Per Serving	% DV
Mind & Body Energy Blend 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)	
Cardiovascular Blend 20 mg **	
Hawthorn (berry); Japanese Knotweed standardized to 50% resveratrol; Coenzyme Q10 (ubiquinone)	
CranRx® 20 mg **	
Cranberry fruit solids standardized to PACs (proanthocyanidins)	
Flax Lignan Blend with SDG Lignans 20 mg **	
High lignan flax fiber (seed); Flax lignan extract (seed hulls) standardized to 20% secoisolariciresinol 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); Nettle (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; Hiratake; Maitake; Yamabushitake; Himematsutake; Kawaratake; Chaga; Zhu Ling; Agarikon; Mesima	
Digestive Enzyme Blend 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)	
Citrus Bioflavonoid Complex 20 mg **	
(from lemon, orange, grapefruit, lime, tangerine) providing: Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones	
Choline (as choline bitartrate) 10 mg **	
Inositol 10 mg **	
Rutin 5 mg **	
Lutein (from marigold) 1 mg **	
Boron (as amino acid chelate) 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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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*

26
Fruits &
Veggies

22
Vitamins &
Minerals

14
Green
Foods

12
Mushrooms
(Organic)

12
Digestive
Enzymes

WHOLE BODY NOURISHMENT with essential nutrients that help support:

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

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*
Vitamin A (Beta Carotene), Vitamins C & E, Zinc, Lutein

HEART HEALTH*
Folic Acid, Vitamin B6, Vitamin B12, Vitamin C, Vitamins E

IMMUNE DEFENSE*
Antioxidants, Selenium, Vitamins A & C, Zinc, Vitamin D

*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 50+ ULTRA POTENCY

MULTI-VITAMIN & WHOLE FOOD ENERGIZER™

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

DIETARY SUPPLEMENT • 30 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 men or children. Do not exceed recommended use.

Supplement Facts

Serving Size 1 Tablet / Servings Per Container 30

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%
Orchard Fruits™ Blend 30 mg **	
Pomegranate (seed); Açai Extract (whole palm 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 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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