

Amount Per Serving	% DV
Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine) providing Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones	20 mg **
CranRx® Cranberry fruit solids standardized to proanthocyanidins	20 mg **
Daily Greens™ Blend providing Amino Acids Spirulina, Kelp, Alfalfa (leaf, stem), Barley Grass, Blessed Thistle (stem, leaf, flower), Blue Green Algae (<i>Aphanizomenon flos-aquae</i>), Chlorella, Cilantro (leaf), Dandelion (leaf), Lemon Balm (leaf), Lemon Grass, Nettle (leaf), Plantain (leaf), Wheat Grass	20 mg **
Digestive Enzyme Blend: Concentrated enzyme formula (Protease I, Protease II, Amylase, Lactase, Peptidase, Cellulase, Invertase, Alpha Galactosidase, Lipase), Betaine HCl, Bromelain, Papain	20 mg **
Flax Lignan Blend: High Lignan Flax Fiber (seed), Flax Lignan Extract (seed hulls) standardized to 20% secoisolariciresinol diglycoside (SDG) lignan (0.4 mg)	20 mg **
Hair, Skin & Nails Blend: Horsetail Grass (aerial parts), MSM (methylsulfonylmethane), Tru-OPCs™ Grape Seed Extract standardized to 65% oligomeric procyanidins (1.3 mg)	20 mg **
Organic Mushroom Mycelium Defense Blend Reishi (<i>Ganoderma lucidum</i>), Shiitake (<i>Lentinula edodes</i>), Oyster Hiratake (<i>Pleurotus ostreatus</i>), Enokitake (<i>Flammulina velutipes</i>), Maitake (<i>Grifola frondosa</i>), Yamabushitake (<i>Hericium erinaceus</i>), Agarikon (<i>Fomitopsis officinalis</i>), Chaga (<i>Inonotus obliquus</i>), Himematsutake (<i>Agaricus brasiliensis/blazei</i>), Kawaratake (<i>Trametes versicolor</i>), Mesima (<i>Phellinus linteus</i>), Zhu Ling (<i>Grifola umbellata</i>)	20 mg **
Choline (as choline bitartrate)	10 mg **
Inositol	10 mg **
Rutin (<i>Sophora japonica</i>) flower bud extract	5 mg **
Lutein (from marigold)	500 mcg **

Other ingredients: cellulose, vegetable stearic acid, vegetable modified cellulose gum, vegetable magnesium stearate, silica, vegetable modified cellulose, vegetable glycerin

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 Questions? 1-800-9NATURE / naturesway.com
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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.

GLUTEN FREE. No sugar, salt, yeast, wheat, soy, artificial colors, flavors or preservatives. Safety sealed with printed outer shrinkwrap and inner seal. Do not use if either seal is broken or missing. Store at room temperature. Keep bottle tightly closed.

ULTRA Potency 1x Daily

Complete, nutrient diverse multi with CranRx® and 8 support blends:

- Orchard Fruits™/Garden Veggies™ blend
- Cardio blend • Citrus Bioflavonoid complex
- Daily Greens™ blend providing amino acids
- Digestive Enzyme blend • Flax Lignan blend
- Hair, Skin & Nails blend
- Mushroom Mycelium Defense blend



ULTRA B-Vitamins

to help convert food into energy*

Balanced for WOMEN

to support multiple body systems:



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

Premium
Formula



Alive!

Once Daily

Women's ULTRA POTENCY

MULTI-VITAMIN Energizer™ with Food Based blends

Orchard Fruits™ / Garden Veggies™
& Daily Greens™ powder (80 mg),
Enzymes, Bioflavonoids

30 TABLETS • Multi-Vitamin Supplement



LBN15890.A01

BLK8651A

Recommendation: Take 1 tablet daily, preferably with food. Not formulated for men or children. Do not use without the supervision of a healthcare professional if you have a blood clotting disorder, or are taking blood thinning medication. If pregnant, nursing, taking any medications or if you have a kidney dysfunction, consult a healthcare professional before use. Contains the amino acid phenylalanine. Do not exceed recommended use.

Supplement Facts

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 D3 (as cholecalciferol)	1,000 IU 250%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU 333%
Vitamin K1 (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%
Pantothenic Acid (as D-calcium pantothenate)	40 mg 400%
Calcium (from Aquamin® calcified mineral source Red Algae <i>Lithothamnion sp.</i> [whole plant])	200 mg 20%
Iron (as ferrous fumarate)	18 mg 100%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide and from Aquamin® calcified mineral source Red Algae <i>Lithothamnion sp.</i> [whole plant])	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%
Molybdenum (as sodium molybdate)	75 mcg 100%
Orchard Fruits™ / Garden Veggies™ Blend Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Tart Cherry, Pear, Tomato, Cauliflower, Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	60 mg **
Cardio Blend: Hawthorn (berry), Japanese Knotweed (root) standardized to 50% resveratrol (1 mg), Coenzyme Q10 (ubiquinone)	20 mg **