

65 50 TABLETS • DIETARY SUPPLEMENT

MULTI-VITAMIN • MULTI-MINERAL Orchard Fruits™ & Garden Veggies™ dried blend (100 mg) WOMEN'S ENERGY Alive!

BONUS
30% MORE
FREE!



Recommendation: Take 1 tablet daily, preferably with food. If you are pregnant, nursing or taking any medications, consult a healthcare professional before use. Not formulated for use in men or children. Do not exceed recommended use.

Supplement Facts

Serving Size 1 Tablet		
Amount Per Serving	% DV	
Vitamin A 5,000 IU	100%	(1,500 IU [30%] as beta carotene)
Vitamin C 60 mg	100%	
Vitamin D 1,000 IU	250%	
Vitamin E 30 IU	100%	
Vitamin K 80 mcg	100%	
Thiamin (Vitamin B1) 3 mg	200%	
Riboflavin (Vitamin B2) 3.4 mg	200%	
Niacin (Vitamin B3) 20 mg	100%	
Vitamin B6 4 mg	200%	
Folic Acid 400 mcg	100%	(Vitamin B9)
Vitamin B12 12 mcg	200%	
Biotin (Vitamin B7) 300 mcg	100%	
Pantothenic Acid 15 mg	150%	(Vitamin B5)
Calcium 500 mg	50%	

Amount Per Serving	% DV	
Iron 18 mg	100%	
Iodine 150 mcg	100%	
Magnesium 50 mg	13%	
Zinc 15 mg	100%	
Selenium 70 mcg	100%	
Copper 2 mg	100%	
Manganese 2 mg	100%	
Molybdenum 75 mcg	100%	
Orchard Fruits™ 100 mg	**	
& Garden Veggies™ Powder Blend: Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pear, Pineapple, Pumpkin, Spinach		
Boron 150 mcg	**	
Lutein 100 mcg	**	

**Daily Value (DV) not established.

Ingredients: Calcium Carbonate, Cellulose, Orchard Fruits™ & Garden Veggies™ Powder Blend (Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pear, Pineapple, Pumpkin, Spinach), Magnesium Oxide, Ascorbic Acid (Vitamin C), dl-alpha Tocopheryl Acetate (Vitamin E), Ferrous Fumarate (Iron), Sodium Croscarmellose, Stearic Acid, Niacinamide (Vitamin B3), Hypromellose, Polydextrose, Zinc Oxide, d-Calcium Pantothenate (Vitamin B5), Titanium Dioxide Color, Magnesium Stearate, Hydroxypropyl Cellulose, Vitamin A Acetate, Phytanolate (Vitamin K), Sodium Molybdate, Silica, Sodium Selenate, Biotin (Vitamin B7), Manganese Sulfate, Copper Sulfate, Pyridoxine HCl (Vitamin B6), Beta Carotene (Vitamin A), Folic Acid (Vitamin B9), Talc, Thiamin Mononitrate, Riboflavin (Vitamin B2), Sodium Borate, Cholecalciferol (Vitamin D), Medium Chain Triglycerides, Cyanocobalamin (Vitamin B12), Potassium Iodide, Lutein (Zeaxanthin Marigold Extract (flower)), Carmine Color.

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.

Safety sealed for your protection with printed inner freshness seal under child resistant bottle cap. Do not use if seal is broken or missing. Store at room temperature. Keep bottle tightly closed.

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Questions? 1-800-9NATURE or feelalive.com **LN1261.E01** 8586E

Nature's Way Complete Multi-Vitamin

- Orchard Fruits™/Garden Veggies™ dried blend (100 mg)
- High Potency B-Vitamins convert food to energy*

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

Optimized for Women

Specialty balanced to support:

Energy*

Heart Health*

Bones*

Immunity*

Eyes*

Hair, Skin & Nails*

High Potency
100%+ Daily Value
of 20 essential vitamins & minerals

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Alive!

WOMEN'S ENERGY MULTI-VITAMIN • MULTI-MINERAL

DIETARY SUPPLEMENT

ONCE DAILY
65 50 TABLETS

Provides essential nutrients to help support:

METABOLISM* B-Vitamins BONE HEALTH* Boron - Calcium - Folic Acid Magnesium - Manganese Vitamin D - Vitamin K ENERGY* B-Vitamins - Magnesium Vitamin C - Vitamin E HEART HEALTH* B-Vitamins - Vitamin C Vitamin E	HAIR, SKIN & NAILS* Vitamin C - Biotin EYE HEALTH* Beta Carotene (Vitamin A) Vitamin C - Vitamin E Lutein - Zinc CELLULAR HEALTH* Copper - Selenium - Vitamin A Vitamin C - Vitamin E - Zinc IMMUNE DEFENSE* Selenium - Vitamin A Vitamin C - Vitamin D - Zinc
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GLUTEN FREE. No sugar, salt, yeast, wheat, dairy products or artificial flavoring.

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100%+ DV of 20 Vitamins/Minerals

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