

Amount Per Serving	% DV
Garden Veggies™ Juice Powder Blend	50 mg **
Parsley; Kale; Spinach; Wheat Grass; Brussels Sprout; Asparagus; Broccoli; Cauliflower; Beet; Carrot; Cabbage; Garlic	
Cardiovascular Blend with Resveratrol	20 mg **
Hawthorn (berry); Japanese Knotweed standardized to 50% resveratrol; Coenzyme Q10 (ubiquinone)	
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); Plumblake (leaf); Blue Green Algae (microalgae); Cilantro (leaf)	
Organic Mushroom Defense Blend	20 mg **
Cordyceps; Reishi; Shiitake; Hiratake; Maitake; Yamabushitake; Himematsutake; KavaMatake; Chaga; Zhu Ling; Agarikon; Mesima	
Digestive Enzyme Blend	20 mg **
Concentrated enzyme formula (Protease I, Protease II, Peptidase SF, Amylase, Lactase, Invertase, Lipase, Cellulase, Alpha Galactosidase; 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)	20 mg **
Inositol	20 mg **
Rutin	5 mg **
Boron (as amino acid chelate)	1 mg (1,000 mcg) **
Lutein (from marigold)	500 mcg **
Lycopene (from tomato extract (fruit))	200 mcg **

†Percent Daily Values are based on a 2,000 calorie diet.
 **Daily Value (DV) not established.

Other ingredients: Cellulose, Vegetable stearic acid, Vegetable modified cellulose gum, Vegetable modified cellulose, Silica, Vegetable magnesium stearate, 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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 Questions? Call 1-800-8NATURE or visit www.naturesway.com
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THE MOST COMPLETE ONCE DAILY MULTI-VITAMIN FOR ADULTS

Alive! Ultra Potency is nutrition you can feel with more energizing nutrients from more natural sources than other multi-vitamin brands.

- Extra B-vitamins for energy*
- 1,000 IU of vitamin D3
- Plant-based Aquamin® calcium
- Potent citrus bioflavonoids
- Cardiovascular support blend*
- Plus lutein and lycopene



WHOLE BODY NOURISHMENT

with essential nutrients that help support:

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* Lutein, Selenium, 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.

NEW

Nature's Way

Alive!

Once Daily

Multi-Vitamin

ULTRA POTENCY

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% [5,000 IU] as Vitamin A acetate and 50% [5,000 IU] as beta carotene)	10,000 IU 200%
Vitamin C (ascorbic acid)	250 mg 417%
Vitamin D (as cholecalciferol)	1,000 IU 250%
Vitamin E (as d-alpha tocopheryl succinate)	120 IU 400%
Vitamin K (as phytylphosphonate)	80 mcg 100%
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	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	120 mcg 2,000%
Biotin	325 mcg 100%
Pantothenic Acid (as d-calcium pantothenate)	50 mg 500%
Calcium (from Aquamin® calcified mineral source Red Algae <i>Lithothamnium</i> sp. (whole plant))	100 mg 10%
Iron (as ferrous fumarate)	18 mg 100%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (from Aquamin® calcified mineral source Red Algae <i>Lithothamnium</i> sp. (whole plant), as oxide)	50 mg 13%
Zinc (as zinc oxide)	15 mg 100%
Selenium (as sodium selenate)	200 mcg 286%
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%
Potassium (as potassium chloride)	5 mg <1%

Orchard Fruits™ Blend 50 mg **
 Pomegranate (seed); Acai Extract (whole palm fruit); Juice Powders: Grape; Plum; Cranberry; Blueberry; Strawberry; Blackberry; Bilberry; Cherry; Apricot; Papaya; Orange; Pineapple

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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