Recommendation: Take 1 tablet daily, preferably with food. If pregnant, nursing or taking any medications, consult a healthcare professional before use. Not formulated for children. Contains the amino acid phenylalanine. Do not exceed recommended use.

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.

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Green Bay, WI 54311 USA
Questions? 1-800-9NATURE / naturesway.com
Aquamin® is a registered trademark of Marigot Limited.

GLUTEN FREE. No sugar, salt, yeast, wheat, soy, artificial colors, flavors or preservatives.

LN15679.A01 BLK8649A

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.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV
Total Carbohydrate ..... <1 g	<1%†
Vitamin A (50% [5,000 IU] as ..... 10,000 IU	200%
Vitamin A acetate, 50% [5,000 IU] as beta carotene)	
Vitamin C (ascorbic acid) ..... 250 mg	417%
Vitamin D3 (as cholecalciferol) ..... 1,000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate) ..... 120 IU	400%
Vitamin K1 (as phytonadione) ..... 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	108%
Pantothenic Acid (as D-calcium pantothenate) ..... 50 mg	500%
Calcium (from Aquamin® calcified mineral source Red Algae *Lithothamnion sp.* [whole plant]) ..... 100 mg	10%
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 *Lithothamnion sp.* [whole plant]) ..... 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%
Molybdenum (as sodium molybdate) ..... 75 mcg	100%
Potassium (as potassium chloride) ..... 5 mg	<1%
Orchard Fruits™ / Garden Veggies™ ..... 100 mg	**
Blend: Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Tart Cherry, Pear, Tomato, Cauliflower, Raspberry, Açaí, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	
Cardio Blend ..... 20 mg	**
Hawthorn (berry), Japanese Knotweed (root) standardized to 50% resveratrol (1 mg), Coenzyme Q10 (ubiquinone)	
Choline (as choline bitartrate) ..... 20 mg	**
Citrus Bioflavonoid Complex ..... 20 mg	**
(from orange, grapefruit, lemon, lime, tangerine) providing: Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones	
Daily Greens™ Blend providing Amino Acids ..... 20 mg	**
Amino Acids: Spirulina, Kelp, Alfalfa (leaf, stem), Barley Grass, Blessed Thistle (stem, leaf, flower), Blue Green Algae (*Aphanizomenon flos-aquae*), Chlorella, Cilantro (leaf), Dandelion (leaf), Lemon Balm (leaf), Lemon Grass, Nettle (leaf), Plantain (leaf), Wheat Grass	
Digestive Enzyme Blend ..... 20 mg	**
Concentrated enzyme formula (Protease I, Protease II, Amylase, Lactase, Peptidase, Cellulase, Invertase, Alpha Galactosidase, Lipase), Betaine HCl, Bromelain, Papain	
Inositol ..... 20 mg	**
Organic Mushroom Mycelium Defense ..... 20 mg	**
Blend: Reishi (*Ganoderma lucidum*), Shiitake (*Lentinula edodes*), Oyster Hiratake (*Pleurotus ostreatus*), Enokitake (*Flammulina velutipes*), Maitake (*Grifola frondosa*), Yamabushitake (*Hericium erinaceus*), Agarikon (*Fomitopsis officinalis*), Chaga (*Inonotus obliquus*), Himematsutake (*Agaricus brasiliensis/blazei*), Kawaratake (*Trametes versicolor*), Mesima (*Phellinus linteus*), Zhu Ling (*Grifola umbellata*)	
Rutin (*Sophora japonica*) flower bud extract ..... 5 mg	**
Lutein (from marigold) ..... 500 mcg	**
Lycopene (from tomato extract [fruit]) ..... 200 mcg	**

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

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

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Amount Per Serving	% DV
Cardio Blend ..... 20 mg	**
Hawthorn (berry), Japanese Knotweed (root) standardized to 50% resveratrol (1 mg), Coenzyme Q10 (ubiquinone)	
Choline (as choline bitartrate) ..... 20 mg	**
Citrus Bioflavonoid Complex ..... 20 mg	**
(from orange, grapefruit, lemon, lime, tangerine) providing: Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones	
Daily Greens™ Blend providing ..... 20 mg	**
Amino Acids: Spirulina, Kelp, Alfalfa (leaf, stem), Barley Grass, Blessed Thistle (stem, leaf, flower), Blue Green Algae (*Aphanizomenon flos-aquae*), Chlorella, Cilantro (leaf), Dandelion (leaf), Lemon Balm (leaf), Lemon Grass, Nettle (leaf), Plantain (leaf), Wheat Grass	
Digestive Enzyme Blend ..... 20 mg	**
Concentrated enzyme formula (Protease I, Protease II, Amylase, Lactase, Peptidase, Cellulase, Invertase, Alpha Galactosidase, Lipase), Betaine HCl, Bromelain, Papain	
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ULTRA Potency 1x Daily

Complete, nutrient diverse Alive!® multi with food-based blends:

- ***Orchard Fruits™/Garden Veggies™*** *blend*
- ***Cardio*** *blend* • ***Citrus Bioflavonoid*** *complex*
- ***Daily Greens™*** *blend providing amino acids*
- ***Digestive Enzyme*** *blend*
- ***Mushroom Mycelium Defense*** *blend*

ULTRA B-Vitamins

*to help convert food into energy**

Whole Body Nutrition

for men and women to help support:

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

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