

Recommendation: Take 1 tablet daily, preferably with food. Not formulated for men or children.
Caution: If you are pregnant, nursing, have kidney dysfunction or blood clotting disorder, or are taking any medications, consult a healthcare professional before use. This product contains 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.

G2016 Nature's Way Brands, LLC
 Green Bay, WI 54311 USA
Questions? 1-800-NATURE / natureray.com
 Aquasun® is a registered trademark of Margat Limited.

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

◆ LNT5686.A02 BLK8651A

Seal sealed with printed shrink-wrap and inner seal. Do not use if either seal is broken or missing. Store at room temperature. Keep bottle tightly closed.

Nature's Way **Alive!** Once Daily Women's ULTRA POTENCY

Orchard Fruits™ / Garden Veggies™
 & Daily Greens™ powder blends (80 mg)

60 TABLETS • Multi-Vitamin Supplement

Supplement Facts	
Amount Per Serving	% DV
Vitamin A (as retinyl palmitate)	100%
Vitamin B1 (thiamine)	100%
Vitamin B2 (riboflavin)	100%
Vitamin B3 (niacin)	100%
Vitamin B5 (pantoic acid)	100%
Vitamin B6 (pyridoxine HCl)	100%
Vitamin B12 (cyanocobalamin)	100%
Vitamin C (ascorbic acid)	100%
Vitamin D3 (cholecalciferol)	100%
Vitamin E (as d-alpha-tocopheryl succinate)	100%
Vitamin K (as menaquinone-7)	100%
Vitamin K2 (as menaquinone-7)	100%
Vitamin K3 (as menaquinone-2)	100%
Vitamin K4 (as menaquinone-4)	100%
Vitamin K5 (as menaquinone-5)	100%
Vitamin K6 (as menaquinone-6)	100%
Vitamin K7 (as menaquinone-7)	100%
Vitamin K8 (as menaquinone-8)	100%
Vitamin K9 (as menaquinone-9)	100%
Vitamin K10 (as menaquinone-10)	100%
Vitamin K11 (as menaquinone-11)	100%
Vitamin K12 (as menaquinone-12)	100%
Vitamin K13 (as menaquinone-13)	100%
Vitamin K14 (as menaquinone-14)	100%
Vitamin K15 (as menaquinone-15)	100%
Vitamin K16 (as menaquinone-16)	100%
Vitamin K17 (as menaquinone-17)	100%
Vitamin K18 (as menaquinone-18)	100%
Vitamin K19 (as menaquinone-19)	100%
Vitamin K20 (as menaquinone-20)	100%
Vitamin K21 (as menaquinone-21)	100%
Vitamin K22 (as menaquinone-22)	100%
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Vitamin K25 (as menaquinone-25)	100%
Vitamin K26 (as menaquinone-26)	100%
Vitamin K27 (as menaquinone-27)	100%
Vitamin K28 (as menaquinone-28)	100%
Vitamin K29 (as menaquinone-29)	100%
Vitamin K30 (as menaquinone-30)	100%
Vitamin K31 (as menaquinone-31)	100%
Vitamin K32 (as menaquinone-32)	100%
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Vitamin K80 (as menaquinone-80)	100%
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Vitamin K82 (as menaquinone-82)	100%
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Vitamin K84 (as menaquinone-84)	100%
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Vitamin K86 (as menaquinone-86)	100%
Vitamin K87 (as menaquinone-87)	100%
Vitamin K88 (as menaquinone-88)	100%
Vitamin K89 (as menaquinone-89)	100%
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Vitamin K95 (as menaquinone-95)	100%
Vitamin K96 (as menaquinone-96)	100%
Vitamin K97 (as menaquinone-97)	100%
Vitamin K98 (as menaquinone-98)	100%
Vitamin K99 (as menaquinone-99)	100%
Vitamin K100 (as menaquinone-100)	100%

Amount Per Serving	% DV
Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, bergamot) providing: Hesperidin, Narinarin, Naringin, Eriodiol, Flavanones and Flavones	20 mg
CranRx™ Cranberry Fruit solids standardized to proanthocyanidins	20 mg
Daily Greens™ Blend providing Amino Acids: Spinulins, Kelp, Alfalfa (leaf, stem), Barley Grass, Blessed Thistle (stem, leaf, flower), Blue Green Algae (Aphanizomenon flos-aquae), Chlorella, Chlorella (leaf), Dandelion (leaf), Lemon Balm (leaf), Lemon Grass, Nettie (leaf), Parsley (leaf), Wheat Grass	20 mg
Digestive Enzyme Blend: Concentrated enzyme formula (Protease I, Protease II, Amylase, Lactase, Pepsinase, Cellulase, Invertase, Alpha Galactosidase, Lipase), Betaine HCl, Bromelain, Papain	20 mg
Flax Lignan Fiber Blend: Flax Lignan Fiber (seed), Flax Lignan Extract (seed hull) standardized to 20% secoisolariciresinol diglycoside (SDG) lignan (0.4 mg)	20 mg
Hair, Skin & Nails Blend: Horsetail Grass (perennial parts), MSM (methylsulfonylmethane), Tri-Glycyl-L-Proline (L-Proline)	20 mg
Organic Mushroom Mycelium Defense Blend: Reishi (Ganoderma lucidum), Shiitake (Lentinula edodes), Oyster Mushroom (Pleurotus ostreatus), Enoki (Flammulina velutipes), Maitake (Flammulina trichospora), Yamabushitake (Phellinus gilvus), Agarikon (Fomitopsis officinalis), Chaga (Inonotus obliquus), Himenostictus (Agaricus brasiliensis), Kava-kava (Piperaceae), Mesima (Phellinus linteus), Zhu Ling (Fritillaria arborescens)	20 mg
Choline (as choline bitartrate)	10 mg
Inositol	10 mg
Rutin (Sophora japonica) flower bud extract	5 mg
Lutein (from Zeaxanthin)	500 mcg

*Daily Value (DV) not established.

Other ingredients: cellulose, stearic acid, sodium croscarmellose, magnesium stearate, silica, hypromellose, glycerin.

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ULTRA Potency 1x Daily Complete, nutrient diverse Alive!® multi with CranRx™ and Food-based blends:

- Orchard Fruits™ / Garden Veggies™ powder 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:



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

Premium Formula

Nature's Way

Alive!

Once Daily

Women's

ULTRA POTENCY

MULTI-VITAMIN Energizer™ with Food-Based blends

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

60 TABLETS • Multi-Vitamin Supplement

Recommendation: Take 1 tablet daily, preferably with food. Not formulated for men or children.
Caution: If you are pregnant, nursing, have kidney dysfunction or blood clotting disorder, or are taking any medications, consult a healthcare professional before use. This product contains 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 alpha-tocopheryl succinate)	100 IU 333%
Vitamin K1 (as phytylphosphonate)	100 mcg 125%
Thiamin (Vitamin B1)	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 100%
Pantothenic Acid (as D-calcium pantothenate)	40 mg 400%
Calcium (from Aquasun® calcium mineral source Red Algae Lithothamnion sp. (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 Aquasun® calcium mineral source Red Algae Lithothamnion sp. (whole plant))	150 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™ Powder Blend	80 mg
Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Pear, Cherry, Tomato, Cauliflower, Raspberries, Banana, Cranberry, Pineapple, Pumpkin, Acai, Acai, Acai, Broccoli, Brussels Sprout, Cabbage, Cucumber, Grape, Pear, Spinach	
Cardio Blend: Hawthorn (berry), Japanese Knotweed (root) 20 mg standardized to 50% resveratrol (1 mg), Coenzyme Q10 (ubiquinone)	