Recommendation: Take 1 tablet daily, preferably with food. Not formulated for men or children. **Warning:** If you are pregnant, nursing, have high blood pressure, have a kidney disorder, taking medications for diabetes or any other medications, consult a healthcare professional before use. Contains the amino acid phenylalanine. Do not exceed recommended use.

Questions? 1-800-9NATURE / naturesway.com
Aquamin® is a registered trademark of Marigot Limited.

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

Keep out of reach of children. Safety sealed with printed outer shrink-wrap and inner seal. Do not use if either seal is broken or missing. Store at room temperature. Keep bottle tightly closed.

LN15692.A02 BLK8653A

Nature's Way®

Alive! Once Daily

Women's 50+

ULTRA POTENCY

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

60 TABLETS • *Multi-Vitamin Supplement*

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% DV
Vitamin A (50% [3,750 IU] as Vitamin A acetate, 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 (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)	225 mcg	3,750%
Biotin	325 mcg	108%
Pantothenic Acid (as D-calcium pantothenate)	40 mg	400%
Calcium (from Aquamin® calcified mineral source Red Algae *Lithothamnion sp.* [whole plant])	200 mg	20%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and from Aquamin® calcified mineral source Red Algae *Lithothamnion sp.* [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™ Powder Blend: Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Açai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	60 mg	**
Mind & Body Energy Blend: Asian Ginseng Extract (root, Eleuthero (root), Ginkgo biloba Extract (leaf), Gotu Kola (stem, leaf), Rhodiola Rosea Extract (root) standardized to 3% rosavins (0.18 mg) and 1% salidroside (0.06 mg)	30 mg	**
Cardio Blend: Hawthorn (berry), Japanese Knotweed (root) standardized to 50% resveratrol (1 mg), Coenzyme Q10 (ubiquinone)	20 mg	**
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 *(Aphanizomenon flos-aquae)*, 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/Fiber Blend Flax Lignan Fiber (seed), Flax Lignan Extract (seed hulls) standardized to 20% secoisolariciresinol diglycoside (SDG) lignan (0.4 mg)	20 mg	**
Organic Mushroom Mycelium Defense 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)*	20 mg	**
Choline (as choline bitartrate)	10 mg	**
Inositol	10 mg	**
Rutin *(Sophora japonica)* flower bud extract	5 mg	**
Lutein (from Aztec marigold)	1 mg	**

**Daily Value (DV) not established.

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

0 33674 15692 6

LBN15692.A03 BLK8653A

Amount Per Serving	% DV
standardized to 3% rosavins (0.18 mg) and 1% salidroside (0.06 mg)	
Cardio Blend Hawthorn (berry), Japanese Knotweed (root) standardized to 50% resveratrol (1 mg), Coenzyme Q10 (ubiquinone)	20 mg **
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 *(Aphanizomenon flos-aquae)*, 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/Fiber Blend Flax Lignan Fiber (seed), Flax Lignan Extract (seed hulls) standardized to 20% secoisolariciresinol diglycoside (SDG) lignan (0.4 mg)	20 mg **
Organic Mushroom Mycelium Defense 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)*	20 mg **
Choline (as choline bitartrate)	10 mg **
Inositol	10 mg **
Rutin *(Sophora japonica)* flower bud extract	5 mg **
Lutein (from Aztec marigold)	1 mg **

**Daily Value (DV) not established.

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

Questions? 1-800-9NATURE / naturesway.com.
Aquamin® is a registered trademark of Marigot Limited.

GLUTEN FREE. No sugar, salt, yeast, wheat grain, soy, artificial colors, flavors or preservatives. **Keep out of reach of children.** 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 Alive!® multi with CranRx® and food-based blends:

- *Orchard Fruits™/Garden Veggies™ powder blend*
- *Mind & Body Energy blend* • *Cardio blend*
- *Citrus Bioflavonoid complex*
- *Daily Greens™ blend providing amino acids*
- *Digestive Enzyme blend* • *Flax Lignan blend*
- *Mushroom Mycelium Defense blend*

ULTRA B-Vitamins

*to help convert food into energy**

Balanced for WOMEN 50+

to support multiple body systems:

Bones* Cells* Digestion* Eyes*

Heart* Hair/Skin/Nails* Immunity* Metabolism*

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 50+

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. **Warning:** If you are pregnant, nursing, have high blood pressure, have a kidney disorder, taking medications for diabetes or any other medications, consult a healthcare professional before use. Contains the amino acid phenylalanine. Do not exceed recommended use.

Supplement Facts

Serving Size 1 Tablet

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 (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)	225 mcg	3,750%
Biotin	325 mcg	108%
Pantothenic Acid (as D-calcium pantothenate)	40 mg	400%
Calcium (from Aquamin® calcified mineral source Red Algae *Lithothamnion sp.* [whole plant])	200 mg	20%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and from Aquamin® calcified mineral source Red Algae *Lithothamnion sp.* [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™ Powder Blend Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Açai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	60 mg	**
Mind & Body Energy Blend Asian Ginseng Extract (root, Eleuthero (root), Ginkgo biloba Extract (leaf), Gotu Kola (stem, leaf), Rhodiola Rosea Extract (root)	30 mg	**