

Recommended Dose: Take one (1) to three (3) tablets daily.

Supplement Facts

Serving Size 3 Tablets / Servings per Container 2

Amount Per Serving	% DV
Calories	15
Total Carbohydrate	3 g < 1%
Dietary Fiber	< 1 g 1%
Vitamin A (33% [5,000 IU] as retinol acetate and 67% [10,000 IU] as beta carotene) providing (typical analysis): beta carotene 5,625 mcg, gamma carotene 5.6 mcg, trans beta carotene 5.4 mcg, beta zeaxanthin 1.1 mcg	300%
Vitamin C (ascorbic acid)	1 g 1667%
Vitamin D (as ergocalciferol)	400 IU 100%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU 667%
Vitamin K (as phytonadione)	80 mcg 100%
Thiamin (as thiamin mononitrate)	25 mg 1667%
Riboflavin (Vitamin B2)	25 mg 1471%
Niacin (as niacinamide)	125 mg 625%
Vitamin B6 (as pyridoxine HCl/pyridoxal 5-phosphate)	50 mg 2500%
Folic Acid	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	200 mcg 3333%
Biotin (as biotin tritrate)	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate)	125 mg 1250%
Calcium (as carbonate/citrate)	250 mg 25%
Iodine (from kelp powder)	150 mcg 100%
Magnesium (as oxide/citrate)	125 mg 31%
Zinc (as amino acid chelate)	15 mg 100%
Selenium (as L-selenomethionine)	70 mcg 100%
Copper (as amino acid chelate)	2 mg 100%
Manganese (as amino acid chelate)	4 mg 200%
Chromium (as picolinate)	120 mcg 100%
Molybdenum (as sodium molybdate)	75 mcg 100%
Sodium	20 mg < 1%
Potassium (as amino acid chelate)	50 mg 1%

Green Food/Spirulina Blend: 500 mg **
Spirulina (microalgae); Alfalfa (leaf, stem); Barley Grass; Dandelion (leaf); Wheat Grass; Lemon Balm (leaf); Lemon Grass; Nettle (leaf); Blessed Thistle (stem, leaf, flower); Chlorella; Plantain (leaf); Blue Green Algae (Aphanizomenon flow-aquatic); Cilantro (leaf) Providing: Chlorophyll, DNA, RNA and Amino Acids: Glutamine, Asparagine, Leucine, Alanine, Arginine, Lysine, Threonine, Valine, Glycine, Isoleucine,

Amount Per Serving	% DV
Serine, Proline, Phenylalanine, Tyrosine, Histidine, Methionine, Tryptophan, Cysteine	
Garden Veggies™ Powder Blend: 100 mg ** Parsley; Kale; Spinach; Wheat Grass; Brussels Sprout; Asparagus; Broccoli; Cauliflower; Beet; Carrot; Cabbage; Garlic	
Orchard Fruits™ Powder Blend: 100 mg ** Plum; Cranberry; Blueberry; Strawberry; Blackberry; Bilberry; Cherry; Apricot; Papaya; Grape; Orange; Pineapple	
Mycro Defense® Mushroom Mycelium Blend: 100 mg ** Cordyceps; Reishi; Shiitake; Oyster; Maitake; Yamabushitake; Himematsutake; Kawaratake; Chaga; Zhu Ling; Agarikon; Mesima	
Digestive Enzyme Blend: 100 mg Concentrated Enzyme formula: (Protease I, Protease II, Amylase, Peptidase, Lactase, Cellulase, Alpha Galactosidase, Invertase, Lipase); Betaine HCl; Bromelain (from pineapple); Papain (from papaya)	
Omega Fatty Acid Seed Blend: 100 mg ** Flax Seed Powder (dry, cold pressed), Sunflower Seed Powder (dry, cold pressed) (typically providing Alpha-Linolenic Acid, Oleic Acid, Linoleic Acid, Palmitic Acid, Stearic Acid, Behenic Acid, Gadoleic Acid, Palmitoleic Acid, Eicosanoic Acid, Lignoceric Acid)	
Citrus Bioflavonoid Complex 60 mg ** from orange, lemon, grapefruit, lime and tangerine) providing: Hesperidin, Eriocitrin, Naringin, Naringin, other Flavonones, Flavonoids, Flavones and other related phenolic compounds	
Siberian Eleuthero (root) 50 mg **	
Inositol 50 mg **	
Choline (as choline bitartrate) 30 mg **	
PABA (para aminobenzoic acid) 25 mg **	
Rutin 25 mg **	
Boron (as sodium borate) 1 mg **	
Lutein (from Aztec marigold) 200 mcg **	

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

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

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Warning: Do not take with sulfonamide since PABA interferes with the activity of this drug.

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No IRON Added

DIETARY SUPPLEMENT

Alive!

Whole Food Energizer™

Multi-Vitamin

6 TABLETS

#1 MEGA NUTRIENT

with Vitamins - Minerals
Fruits - Vegetables - Green Foods - Enzymes
Amino Acids - Bioflavonoids - Herbs - EFAs - Mushrooms

FREE SAMPLE