

Amount Per Serving	% DV
Cardiovascular Blend Hawthorn (berry); Japanese Knotweed standardized to 50% resveratrol; Coenzyme Q10 (ubiquinone)	20 mg **
CranRx® Cranberry fruit solids standardized to PACs (proanthocyanidins)	20 mg **
Hair, Skin & Nail Blend with MSM Horsetail grass (stem, leaf); Methylsulfonylmethane (MSM); Tru-OPCs™ grape seed extract standardized to 95% antioxidants (65% oligomeric procyanidins [OPCs], 30% other active polyphenols)	20 mg **
Flax Lignan Blend with SDG Lignans High lignan flax fiber (seed); Flax lignan extract (seed hulls) standardized to 20% secoisolariciresinol diglycoside (SDG) lignan	20 mg **
Green Food/Spirulina Blend 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); Plantain (leaf); Blue Green Algae (microalgae); Cilantro (leaf)	20 mg **
Organic Mushroom Defense Blend Cordyceps; Reishi; Shiitake; Hiratake; Maitake; Yamabushitake; Himematsutake; Kewaratake; Chaga; Zhu Ling; Agarikon; Mesima	20 mg **
Digestive Enzyme Blend Concentrated enzyme formula (Protease I, Protease II, Amylase, Peptidase, Lactase, Cellulase, Alpha Galactosidase, Invertase, Lipase); Betaine HCl; Bromelain (from pineapple); Papain (from papaya)	20 mg **
Citrus Bioflavonoid Complex (from lemon, orange, grapefruit, lime, tangerine) providing: Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones	20 mg **
Choline (as choline bitartrate)	10 mg **
Inositol	10 mg **
Rutin	5 mg **
Boron (as amino acid chelate)	1 mg **
Lutein (from marigold)	500 mcg **

**Daily Value (DV) not established.

Other ingredients: Cellulose, Vegetable stearic acid, Vegetable modified cellulose gum, Silica, Vegetable magnesium stearate, Vegetable modified cellulose, 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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THE MOST COMPLETE ONCE DAILY MULTI-VITAMIN FOR WOMEN

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

- High potency B-vitamins for energy*
- 1,000 IU of vitamin D3
- Plant-based Aquamin® calcium
- Potent citrus bioflavonoids
- Flax Lignan, CranRx® and Hair, Skin & Nail support blends*



WHOLE BODY NOURISHMENT with essential nutrients that help support:

BREAST HEALTH* Vitamin D, Lignans / **URINARY HEALTH*** CranRx®
HAIR, SKIN & NAILS* Horsetail, MSM, Tru-OPCs™, Biotin, Vitamin C

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, 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.

Nature's Way

Alive!

Once Daily

Women's

ULTRA POTENCY

MULTI-VITAMIN & 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% [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 D (as cholecalciferol)	1,000 IU 250%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU 333%
Vitamin K (as phytonadione)	100 mcg 125%
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	800 mcg 200%
Vitamin B12 (as cyanocobalamin)	100 mcg 1,667%
Biotin	325 mcg 108%
Pantothenic Acid (as d-calcium pantothenate)	40 mg 400%
Calcium (from Aquamin® calcified mineral source Red Algae <i>Lithothamnion sp.</i> [whole plant])	200 mg 20%
Iron (as ferrous fumarate)	18 mg 100%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (from Aquamin® calcified mineral source Red Algae <i>Lithothamnion sp.</i> [whole plant], as oxide)	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%
Chromium (as chromium picolinate)	250 mcg 208%
Molybdenum (as sodium molybdate)	75 mcg 100%
Orchard Fruits™ Blend Pomegranate (seed); Açai Extract (whole palm fruit); Juice Powders: Grape; Plum; Cranberry; Blueberry; Strawberry; Blackberry; Bilberry; Cherry; Apricot; Papaya; Orange; Pineapple	30 mg **
Garden Veggies™ Juice Powder Blend Parsley; Kale; Spinach; Wheat Grass; Brussels Sprout; Asparagus; Broccoli; Cauliflower; Beet; Carrot; Cabbage; Garlic	30 mg **