

50 TABLETS - MULTIVITAMIN SUPPLEMENT

Orchard Fruits™ & Garden Veggies™
Powder Blend (100 mg per serving)

**WOMEN'S 50+
COMPLETE MULTIVITAMIN**

Once Daily

Nature's
Way

Alive!

Recommendation: Women take 1 tablet daily, preferably with food. Not formulated for men or children. Do not exceed recommended dose. **Warning:** Do not take if you are pregnant or nursing. If you have a blood clotting issue, or if you are taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV**
Vitamin A (as 70% [630 mcg] retinyl acetate, 30% [270 mcg] beta-carotene)	900 mcg 100%
Vitamin C (ascorbic acid)	135 mg 150%
Vitamin D3 (as cholecalciferol)	50 mcg 250%
Vitamin E (as dl-alpha tocopheryl acetate)	15 mg 100%
Vitamin K (as phytonadione)	120 mcg 100%
Thiamin (as thiamin mononitrate)	3.6 mg 300%
Riboflavin	2.6 mg 200%
Niacin (as niacinamide)	16 mg 100%
Vitamin B6 (as pyridoxine HCl)	5.1 mg 300%
Folate (2-40 mcg Folic Acid)	400 mcg DFE 100%
Vitamin B12 (as cyanocobalamin)	40 mcg 1,667%
Biotin	30 mcg 100%
Pantothenic Acid (as D-calcium pantothenate)	7.5 mg 150%
Calcium (as calcium carbonate, dicalcium phosphate, D-calcium pantothenate)	260 mg 20%

Amount per Serving	% DV**
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide)	50 mg 12%
Zinc (as zinc oxide)	16.5 mg 150%
Selenium (as sodium selenate)	55 mcg 100%
Copper (as copper sulfate)	0.9 mg 100%
Manganese (as manganese sulfate)	4.6 mg 200%
Molybdenum (as sodium molybdate)	45 mcg 100%
Orchard Fruits™ & Garden Veggies™ Powder Blend: Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Pear, Tomato, Raspberry, Broccoli, Cherry, Spinach, Cauliflower, Grape, Açai, Asparagus, Banana, Brussels Sprout, Cabbage, Cranberry, Cucumber, Pea, Pineapple, Pumpkin	100 mg **
FloraGLO® Lutein	300 mcg **
Carotenoid (from Aztec Marigold [flower] Extract)	
Boron (as sodium borate)	150 mcg **

**Daily Value (DV) not established.

Other ingredients: cellulose, sodium croscarmellose, gelatin, stearic acid, hydroxypropyl cellulose, magnesium stearate, hypromellose, polydextrose, titanium dioxide color, silica, medium chain triglycerides, carmine color

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.



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