

Once Daily

Nature's
way

Alive!

WOMEN'S COMPLETE MULTIVITAMIN

Supports Energy Metabolism & Hair, Skin, Nails*

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

130 TABLETS - MULTIVITAMIN SUPPLEMENT

***THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.**

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)	90 mg	100%
Vitamin D3 (as cholecalciferol)	50 mcg	250%
Vitamin E (as di-alpha tocopheryl acetate)	15 mg	100%
Vitamin K (as phytonadione)	120 mcg	100%
Thiamin (as thiamin mononitrate)	2.4 mg	200%
Riboflavin	2.6 mg	200%
Niacin (as niacinamide)	16 mg	100%
Vitamin B6 (as pyridoxine HCl)	4.25 mg	250%
Folate (240 mcg Folic Acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	12 mcg	500%
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**
Iron (as ferrous fumarate)	18 mg 100%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide)	50 mg 12%
Zinc (as zinc oxide)	11 mg 100%
Selenium (as sodium selenate)	55 mcg 100%
Copper (as copper sulfate)	0.9 mg 100%
Manganese (as manganese sulfate)	2.3 mg 100%
Molybdenum (as sodium molybdate)	45 mcg 100%
Orchard Fruits™ & Garden Veggies™ Powder Blend: Orange, Blueberry, Carrot, Plum, Pomegranate, Strawberry, Pear, Apple, Beet, Raspberry, Pineapple, Pumpkin, Cherry, Cauliflower, Grape, Banana, Cabbage, Tomato, Asai, Asparagus, Brussels Sprout, Cranberry, Cucumber, Pea, Broccoli, Spinach	100 mg **
Boron (as sodium borate)	150 mcg **
FloraGLO® Lutein Carotenoid (from Aztec Marigold [flower] Extract)	100 mcg **

**Daily Value (DV) not established.

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

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.

Keep out of reach of children. Do not use if safety seal under child-resistant cap is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

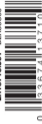
FloraGLO
LUTEIN

*FloraGLO is a registered trademark of Kemlin Industries, Inc.



BOTTLE MADE FROM
50% POST-CONSUMER
RECYCLED PLASTIC

LH13710-J01 BLK8586J



0 3367413710 9

© 2023 Distributed by Nature's Way Brands, LLC
Green Bay, WI 54311 USA
Questions? 1-800-9NATURE / naturesway.com