

## Get The Most From Your Multi

100% or more Daily Value of 19 vitamins and minerals



Excellent source of calcium and high potency vitamins B12 and D per serving



High potency B-vitamin complex per serving helps convert food to fuel\*



Supports heart, brain, immune, and eye health\*



High potency antioxidant vitamins C, E, and selenium per serving



Balanced for women 50+ to support multiple body systems\*

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.

FREE FROM gluten, wheat, soy, and dairy



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Green Bay, WI 54311 USA • Bottled and tested in the USA  
Questions? 1-800-962-8873 / naturesway.com

◆ LH14210.I02 BLK8717I



BOTTLE MADE FROM  
50% POST-CONSUMER  
RECYCLED PLASTIC

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

Once Daily

Nature's  
way

# Alive!

**WOMEN'S 50+**  
**COMPLETE MULTIVITAMIN**

Supports Healthy Heart, Brain & Bones\*

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

**130 TABLETS - MULTIVITAMIN SUPPLEMENT**

**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 (240 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%
Sodium	5 mg	<1%
Orchard Fruits™ & Garden Veggies™ Powder Blend:	100 mg	**
Orange, Blueberry, Carrot, Plum, Pomegranate, Strawberry, Pear, Apple, Beet, Raspberry, Pineapple, Pumpkin, Cherry, Cauliflower, Grape, Banana, Cabbage, Tomato, Acai, Asparagus, Brussels Sprout, Cranberry, Cucumber, Pea, Broccoli, Spinach		
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, hydroxypropyl cellulose, stearic acid, hypromellose, magnesium stearate, polydextrose, titanium dioxide color, gelatin, silica, medium chain triglycerides, carmine color