

Other ingredients: cellulose, stearic acid, sodium croscarmellose, silica, magnesium stearate, hypromellose, gelatin, glycerin, brown rice

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.

FREE FROM gluten and artificial colors.

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.



BOTTLE MADE FROM 50% POST-CONSUMER RECYCLED PLASTIC

◆ LH15692.D02 BLK865D3

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Green Bay, WI 54311 USA

Bottled and tested in the USA

Questions? 1-800-962-8873 / naturesway.com

THIS STATEMENT HAS 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+

Ultra Multivitamin

Promotes Healthy Heart, Brain & Bones*

High Potency Complete Multivitamin for Women 50+

60 TABLETS - MULTIVITAMIN SUPPLEMENT

Amount per Serving	% DV**
Cardio Blend: Hawthorn (berry), Japanese Knotweed (root) Extract, Coenzyme Q10 (ubiquinone-10)	20 mg **
Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine)	20 mg **
CranRx® Cranberry (fruit) Concentrate	20 mg **
Daily Greens™ Blend: Spirulina, Kelp, Barley (grass), Blessed Thistle (stem, leaf, flower), Blue-Green Algae (<i>Aphanizomenon flos-aquae</i>), Chlorella, Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass (<i>Cymbopogon citratus</i>) (aerial parts), Nettie (<i>Urtica</i> spp.) (leaf), Plantain (leaf), Wheat (grass)	20 mg **
Flax Lignan/Fiber Blend: Flax Lignan (seed) Fiber, Flax Lignan (seed hulls) Extract	20 mg **
Mushroom Mycelial & Primordia Biomass	20 mg **
Defense Blend: Organic Reishi, Organic Shiitake, Organic Hiratake, Organic Enokitake, Organic Maitake, Organic Yamabushitake, Organic Agarikon, Organic Chaga, Organic Himematsutake, Organic Kawaratake (<i>Trametes versicolor</i>), Organic Mesima, Organic Zhu Ling	20 mg **
Inositol	10 mg **
Digestive Enzyme Blend: Betaine HCl, Bromelain, Papsin	7 mg **
Rutin (from <i>Sophora japonica</i> [flower bud] Extract)	5 mg **
Lutein (from <i>Aztec Marigold</i> [flower] Extract)	1 mg **

**Daily Value (DV) not established.

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Explore more products at NATURESWAY.COM

Supplement Facts

Amount per Serving	% DV**
Serving Size 1 Tablet	
Amount per Serving	
% DV**	
Vitamin A (as 50% [675 mcg] beta-carotene, 50% [675 mcg] retinyl acetate)	1,350 mcg 150%
Vitamin C (ascorbic acid)	180 mg 200%
Vitamin D3 (as cholecalciferol)	50 mcg 250%
Vitamin E (as α -tocopheryl succinate)	15 mg 100%
Vitamin K (as phytonadione)	150 mcg 125%
Thiamin (as thiamin mononitrate)	20 mg 1,667%
Riboflavin	20 mg 1,538%
Niacin (as niacinamide)	40 mg 250%
Vitamin B6 (as pyridoxine HCl)	20 mcg 1,176%
Folate	400 mcg DFE 100%
	(240 mcg Folic Acid)
Vitamin B12 (as methylcobalamin)	90 mcg 3,750%
Biotin	33 mcg 110%
Pantothenic Acid (as D-calcium pantothenate)	20 mg 400%
Choline (as choline bitartrate)	11 mg 2%
Calcium (as calcium carbonate, dicalcium phosphate)	130 mg 10%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide)	105 mg 25%
Zinc (as zinc oxide)	11 mg 100%
Selenium (as sodium selenate)	200 mcg 364%
Copper (as copper sulfate)	0.9 mg 100%
Manganese (as manganese sulfate)	5.8 mg 252%
Molybdenum (as sodium molybdate)	45 mcg 100%
Orchard Fruits™ & Garden Veggies™ Powder Blend	60 mg **
Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato,	
Caulfiflower, Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	
Mind & Body Energy Blend: Asian Ginseng (root) Extract, Eleuthero (root), <i>Ginkgo biloba</i> (leaf) Extract, Gotu Kola (aerial parts), Rhodiola (root) Extract	30 mg **
Cardio Blend: Hawthorn (berry), Japanese Knotweed (root) Extract, Coenzyme Q10 (ubiquinone-10)	20 mg **
Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine)	20 mg **
CranRx® Cranberry (fruit) Concentrate	20 mg **
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Mushroom Mycelial & Primordia Biomass	20 mg **
Defense Blend: Organic Reishi, Organic Shiitake, Organic Hiratake, Organic Enokitake, Organic Maitake, Organic Agarikon, Organic Chaga, Organic Himematsutake, Organic Kawaratake (<i>Trametes versicolor</i>), Organic Mesima, Organic Zhu Ling	20 mg **
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BLK865D3

LH15692.D02

Once Daily

Nature's way

Ultra Multivitamin

With 22 vitamins and minerals



200% or more Daily Value of 10 vitamins and minerals, including active form methyl B12



Vitamins and minerals to fill nutrient gaps



7 plant-based blends including Daily Greens™, CranRx®, and Mind & Body Energy blends



60 mg Orchard Fruits™ & Garden Veggies™ powder blend per serving

WOMEN'S 50+

Ultra Multivitamin

Promotes Healthy Heart, Brain & Bones*

High Potency Complete Multivitamin for Women 50+

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Vitamin E (as α -tocopheryl succinate)	15 mg 100%
Vitamin K (as phytonadione)	150 mcg 125%
Thiamin (as thiamin mononitrate)	20 mg 1,667%
Riboflavin	20 mg 1,538%
Niacin (as niacinamide)	40 mg 250%
Vitamin B6 (as pyridoxine HCl)	20 mg 1,176%
Folate	400 mcg DFE 100%
	(240 mcg Folic Acid)
Vitamin B12 (as methylcobalamin)	90 mcg 3,750%
Biotin	33 mcg 110%
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Choline (as choline bitartrate)	11 mg 2%
Calcium (as calcium carbonate, dicalcium phosphate)	130 mg 10%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide)	105 mg 25%
Zinc (as zinc oxide)	11 mg 100%
Selenium (as sodium selenate)	200 mcg 364%
Copper (as copper sulfate)	0.9 mg 100%
Manganese (as manganese sulfate)	5.8 mg 252%
Molybdenum (as sodium molybdate)	45 mcg 100%
Orchard Fruits™ & Garden Veggies™ Powder Blend: Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Caulififlower, Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	60 mg **
Mind & Body Energy Blend: Asian Ginseng (root) Extract, Eleuthero (root), <i>Ginkgo biloba</i> (leaf) Extract, Gotu Kola (aerial parts), Rhodiola (root) Extract	30 mg **