

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

Amount per Serving	% DV**
Vitamin A (as 70% [630 mcg] 900 mcg retinyl acetate, 30% [270 mcg] beta-carotene)	100%
Vitamin C (ascorbic acid)	90 mg 100%
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)	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	400 mcg DFE 100% (240 mcg Folic Acid)
Vitamin B12 (as cyanocobalamin)	12 mcg 500%
Biotin	30 mcg 100%
Pantothenic Acid (as D-calcium pantothenate)	7.5 mg 150%

Amount per Serving	% DV**
Calcium (as calcium carbonate, dicalcium phosphate, D-calcium pantothenate)	260 mg 20%
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, Açai, 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 **

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.

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50 TABLETS - MULTIVITAMIN SUPPLEMENT

COMPLETE MULTIVITAMIN
WOMEN'S

Alive!

Nature's way

Once Daily

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)

50 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.

Get The Most
From Your Multi

100% or more Daily Value
of 20 vitamins and minerals

-  Excellent source of calcium and high potency iron
-  High potency B-vitamin complex helps convert food to fuel*
-  Supports heart, muscle, and immune health*
-  High potency antioxidant vitamins C, E, and selenium
-  Balanced for women to support multiple body systems*

Explore more products at [NATURESWAY.COM](https://www.naturesway.com)

FREE FROM gluten, wheat, and dairy

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.

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