*"Feel your best with Alive!® whole food energizer™"*

**More Energizing Nutrients** from More Natural Sources than other supplements.




**#1 Absorption.** Alive! nutrients are better absorbed into your blood stream because its tablets disintegrate up to 5X faster than other leading brands.




**#1 Quality.** Alive! is made to the traditionally high standards of Nature's Way®. Only the best ingredients are used such as chelated minerals, "flash glanced" fruits/veggies, and organically grown mushrooms — all laboratory tested for purity and potency.

**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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Nature's Way®

DIETARY SUPPLEMENT

# Alive!®

## Whole Food Energizer™

## Multi-Vitamin

90 TABLETS

#1 MEGA NUTRIENT

**with Vitamins - Minerals**

*Fruits - Vegetables - Bioflavonoids - Enzymes*
*Amino Acids - Green Foods - Herbs - EFAs - Mushrooms*

**Recommended Dose:** Take three (3) tablets daily.

## Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

| Amount Per Serving | | % DV |
|---|---|---|
| Calories | 5 | |
| Total Carbohydrate | 1 g | < 1%† |
| Vitamin A (33% [5,000 IU] as retinol palmitate and 67% [10,000 IU] as beta carotene) Providing (typical analysis): beta carotene 5625 mcg, gamma carotene 5.6 mcg, trans beta carotene 5.4 mcg, beta zea carotene 1.1 mcg | 15,000 IU | 300% |
| Vitamin C (ascorbic acid) | 1 g | 1667% |
| Vitamin D (as ergocalciferol) | 400 IU | 100% |
| Vitamin E (as d-alpha tocopheryl succinate) | 200 IU | 667% |
| Vitamin K (as phytonadione) | 80 mcg | 100% |
| Thiamin (as thiamin mononitrate) | 25 mg | 1667% |
| Riboflavin (Vitamin B2) | 25 mg | 1471% |
| Niacin (as niacinamide) | 125 mg | 625% |
| Vitamin B6 (as pyridoxine HCl/ pyridoxal 5-phosphate | 50 mg | 2500% |
| Folic Acid | 400 mcg | 100% |
| Vitamin B12 (as cyanocobalamin) | 200 mcg | 3333% |
| Biotin (as biotin triturate) | 300 mcg | 100% |
| Pantothenic Acid (as d-calcium pantothenate) | 125 mg | 1250% |
| Calcium (as citrate/carbonate) | 250 mg | 25% |
| Iron (as amino acid chelate) | 18 mg | 100% |
| Iodine (from pacific kelp powder) | 150 mcg | 100% |
| Magnesium (as citrate/oxide) | 125 mg | 31% |
| Zinc (as amino acid chelate) | 15 mg | 100% |
| Selenium (as selenium monomethionine) | 70 mcg | 100% |
| Copper (as amino acid chelate) | 2 mg | 100% |
| Manganese (as amino acid chelate) | 4 mg | 200% |
| Chromium (as polynicotinate) | 120 mcg | 100% |
| Molybdenum (as molybdenum triturate) | 75 mcg | 100% |

| Amount Per Serving | | % DV |
|---|---|---|
| Sodium | 15 mg | 1% |
| Potassium (as amino acid chelate) | 50 mg | 1% |
| Green Food/Spirulina Blend: Spirulina (microalgae); Alfalfa (leaf, stem); Barley Grass (grass); Dandelion (leaf); Wheat Grass (grass); Melissa (leaf); Lemon Grass (grass); Nettle (leaf); Blessed Thistle (stem, leaf, flower); Chlorella (broken-cell microalgae); Plantain (leaf); Blue Green Algae (microalgae); Cilantro (leaf) | 500 mg | ** |
| Amino Acids: (from Spirulina, Zinc AAC, Chlorella, Blue Green Algae, Boron AAC) (Glutamine, Asparagine, Leucine, Alanine, Arginine, Lysine, Threonine, Valine, Glycine, Isoleucine, Serine, Proline, Phenylalanine, Tyrosine, Histidine, Methionine, Tryptophan, Cysteine) | 225 mg | ** |
| Garden Veggies™ Blend: Parsley Juice Powder; Kale Juice Powder; Spinach Juice Powder; Wheat Grass Juice Powder; Brussels Sprout Juice Powder; Asparagus Juice Powder; Broccoli Juice Powder; Cauliflower Juice Powder; Beet Juice Powder; Carrot Juice Powder; Cabbage Juice Powder; Garlic Juice Powder | 100 mg | ** |
| Orchard Fruits™ Blend: Plum Juice Powder; Cranberry Juice Powder; Blueberry Juice Powder; Strawberry Juice Powder; Blackberry Juice Powder; Bilberry Juice Powder; Cherry Juice Powder; Apricot Juice Powder; Papaya Juice Powder; Orange Juice Powder; Grape Juice Powder; Pineapple Juice Powder | 100 mg | ** |

| Amount Per Serving | | % DV |
|---|---|---|
| Myco Defense® Mushroom Blend: Cordyceps Mushroom; Reishi Mushroom; Shiitake Mushroom; Hiratake Mushroom; Maitake Mushroom; Yamabushitake Mushroom; Himematsutake Mushroom; Kawaratake Mushroom; Chaga Mushroom; Zhu Ling Mushroom; Agarikon Mushroom; Mesima Mushroom | 100 mg | ** |
| Digestive Enzyme Blend: Concentrated Enzyme formula: (Protease I, Protease II, Peptizyme SP, Amaylase, Lactase, Invertase, Lipase, Cellulase, Alpha Galactosidase); Betaine HCl; Bromelain (from pineapple); Papain (from papaya) | 100 mg | ** |
| Omega Fatty Acid Blend: Flax Seed Powder (dry, cold pressed), Sunflower Seed Powder (dry, cold pressed) (providing Alpha-Linolenic Acid, Oleic Acid, Linoleic Acid, Palmitic Acid, Stearic Acid, Behenic Acid, Gadoleic Acid, Palmitoleic Acid, Eicosanoic Acid, Lignoceric Acid) | 100 mg | ** |
| Citrus Bioflavonoid Complex (from lemon, orange, grapefruit, lime and tangerine); Siberian Eleuthero (root) 50 mg**; Inositol 50 mg**; Choline (as choline bitartrate) 30 mg**; PABA (para amino-benzoic acid) 25 mg**; Rutin 25 mg**; RNA (from spirulina, chlorella) 14 mg**; DNA (from spirulina, chlorella) 4 mg**, Chlorophyll (from spirulina) 4 mg**; Hesperidin (from citrus bio-flavonoid complex) 2 mg**; Boron (as amino acid chelate) 1 mg**; Lutein (from marigold) 200 mg** | 60 mg | ** |

**† Percent Daily Values are based on a 2,000 calorie diet.**
**** Daily Value (DV) not established.**

Other ingredients: Vegetable modified cellulose, Vegetable modified cellulose gum, Vegetable stearic acid, Silica, Vegetable magnesium stearate, Vegetable cellulose, Chlorophyll