How to Print

Nature's Way
Trust The Leaf™

Alive! Whole Food Energizer (Iron-free)

Description
Alive! is a Mega Nutrient Whole Food Energizer containing more life-giving nutrients from more sources than any other supplement. Contains: Vitamins, Minerals, Amino Acids, EFA's, Fruits, Vegetables, Green Foods, Myco Nutrients, Antioxidants and other specialty nutrients.

Usage
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Recommended Daily Dosage
Take three (3) tablets daily.

Seasonality
Year round usage

The following list is for serving size of 3 tablets daily

Primary Ingredients	***Amount***	***USRDA***
Amino Acids	225 mg	0%
Beta Carotene	10000 IU	0%
Biotin, biotin triurate	300 mcg	100%
Boron, amino acid chelate	1 mg	0%
Calcium (Citrate/Carbonate)	250 mg	25%
Chlorophyll (from spirulina)	4 mg	0%
Choline, bitartrate	30 mg	0%
Chromium Polynicotinate	120 mcg	100%
Citrus Bioflavonoid Complex	60 mg	0%
Copper, amino acid chelate	2 mg	100%
Digestive Enzyme Blend	100 mg	0%
DNA (from spirulina, chlorella)	4 mg	0%
Eleuthero Root	50 mg	0%
Folic Acid, folate	400 mcg	100%
Garden Veggies Blend	100 mg	0%
Green Food/Spirulina Blend	500 mg	0%
Hesperedin	2 mg	0%
Inositol	50 mg	0%
Iodine	150 mcg	100%

Lutein (from marigold)	200 mcg	0%
Magnesium (as citrate/oxide)	125 mg	31%
Manganese Amino Acid Chelate	4 mg	200%
Molybdenum Triuturate	75 mcg	100%
MycoDefense Mushroom Blend	100 mg	0%
Niacinamide	125 mg	625%
Omega Fatty Acid Seed Blend	100 mg	0%
Orchard Fruits Blend	100 mg	0%
PABA, para aminobenzoic acid	25 mg	0%
Pantothenic Acid	125 mg	1250%
Potassium amino acid chelate	50 mg	1%
Riboflavin, vitamin B-2	25 mg	1471%
RNA (from spirulina, chlorella)	14 mg	0%
Rutin	25 mg	0%
Selenium, monomethionine	70 mcg	100%
Sodium	15 mg	1%
Thiamine, vitamin B-1	25 mg	1667%
Vitamin A, retinol palmitate	5000 IU	0%
Vitamin B-12, cyanacobalamin	200 mcg	3333%
Vitamin B-6 (as pyridoxine HCl)	50 mg	2500%
Vitamin C (ascorbic acid)	1 g	1667%
Vitamin D3 (cholecalciferol)	400 IU	100%
Vitamin E (d-alpha tocopheryl)	200 IU	667%
Vitamin K, phytonadione	80 mcg	100%
Zinc Amino Acid Chelate	15 mg	100%

Other Ingredients
Glycerin, Silica, Vegetable Magnesium Stearate, Vegetable Modified Cellulose, Vegetable Modified Cellulose Gum, Vegetable Stearic Acid



Quality Issues
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.

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

Usage Warnings

Women who are pregnant or likely to become pregnant should not exceed recommended dosage. Exceeding the recommended dose will result in ingestion of more than 10,000 IU of Vitamin A from retinol, which in high amounts is known to cause birth defects.

Product Q&A

1. What is in the NutriJuice (Fruit) 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.

2. What is in the NutriJuice (Veggie) Blend?
   Parsley Juice Powder, Kale Juice Powder, Spinach Juice Powder, Wheat Grass Juice Powder, Brussels Sprout Powder, Asparagus Juice Powder, Broccoli Juice Powder, Cauliflower Juice Powder, Beet Juice Powder, Carrot Juice Powder, Cabbage Juice Powder, Garlic Juice Powder.

3. What is in the Digestive Enzyme Blend?
   Concentrated Enzyme formula: (Protease I, Protease II, Peptizyme SP, Amylase, Lactase, Invertase, Lipase, Cellulase, Alpha Galactosidase); Betaine HCL; Bromelain (from pineapple); Papain (from papaya)

4. What are the Amino Acids found in Alive?
   (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, Thryptophan, Cysteine)

5. What is in the Green Food/Spirulina Blend?
   Spirulina (microalgae); Alfalfa (leaf,stem); Barley Grass (grass); Dandelion (leaf); Wheat Grass (grass); Spinach (leaf); Lemon Grass (grass); Nettle(leaf); Blessed Thistle (stem, leaf, flower); Chlorella (broken-cell microalgae); Chickweed (stem, leaf, flower); Blue Green Algae (microalgae); Cilantro (leaf)

6. What is the Citrus Bioflavonoid Complex?
   (from lemon, grape, grapefruit, lime and tangerine) providing: Eriocitrin 600 mcg, Naringin, Narirutin, other Flavonones 1.8 mg; Flavonols 600 mcg; Flavones and related phenolic compounds 600 mcg.

7. What is in the Omega Fatty Acid Blend?
   Flax Seed Powder (dry, cold pressed); Sunflower Seed Powder (dry, cold pressed) (providing Alpha-Linoleic Acid, Oleic Acid, Linoleic Acid, Palmitic Acid, Stearic Acid, Behenic Acid, Gadoleic Acid, Palmitoleic Acid, Eicosanoic Acid, Lignoceric Acid.

8. What is in the MycoDefense Mushroom Blend?
   Cordyceps, Reishi, Shiitake, Hiratake, Maitake, Ymabushitake, Himembatsutake, Kawaratake, Chaga, Zhu Ling, Agarikon and Mesima Mushrooms.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.