"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.

Vcaps® is a trademark of Capsugel
©2005 R/1e Nature's Way Products, Inc.
Springville, Utah 84663 1-800-9-NATURE
www.naturesway.com

CODE: 15092

No IRON Added

Nature's Way®

DIETARY SUPPLEMENT

Alive!®

Whole Food Energizer™

Multi-Vitamin

90 VCAPS®

#1 MEGA NUTRIENT

with Vitamins - Minerals
Fruits - Vegetables - Bioflavonoids - Enzymes
Amino Acids - Green Foods - Herbs - EFAs - Mushrooms

Recommended Dose: Take up to six (6) capsules daily.

Supplement Facts

Serving Size 6 Capsules
Servings Per Container 15

Amount Per Serving		% DV
Calories	10	
Total Carbohydrate	2 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 (from spirulina, calcium citrate/carbonate)	800 mcg	4%
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%
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	**
Myco Defense® Mushroom Blend: Cordyceps Mushroom; Reishi Mushroom; Shiitake Mushroom; Hiratake Mushroom; Maitake Mushroom; Yamabushitake Mushroom; Hime-matsutake 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 bioflavonoid complex) 2 mg**; Boron (as amino acid chelate) 1 mg**; Lutein (from marigold) 200 mcg**	60 mg	**

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

Other ingredients: Plant-derived cellulose (capsule), Vegetable magnesium stearate