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

Alive! Ultra-Shake is the ultimate nutritional energy source. It's also a comprehensive, whole food multi-vitamin with the added benefit of Solae™ soy protein. Each serving contains more invigorating nutrients from more natural sources than any other supplement.

ALIVE! PROVIDES MORE:

Vitamins • Minerals • Protein • Fruits Vegetables • Green Foods • Herbs Enzymes • Amino Acids • Bioflavonoids EFAs • Mushrooms • Nucleic Acids

Healthy Heart. 25g of soy protein a day, as part of a diet low in saturated fat and cholesterol, **may reduce the risk of heart disease.** A serving of Alive! Ultra-Shake provides 15 g of soy protein.

Directions: As a dietary supplement, add 1 heaping scoop to 8 fluid ounces of cold water, milk or juice (scoop included). Shake or stir until smooth. Mixes instantly, no blender required.

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. Do not take with sulfonamide since PABA interferes with the activity of this drug.

Keep tightly sealed. Store in a cool, dry place. No artificial ingredients or preservatives. No yeast, wheat, milk, lactose or dairy products. Sold by weight, not volume.

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Nature's Way Products, Inc.
Springville, Utah 84663
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www.naturesway.com
Made in the USA

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Vegetarian Formula

Nature's Way®

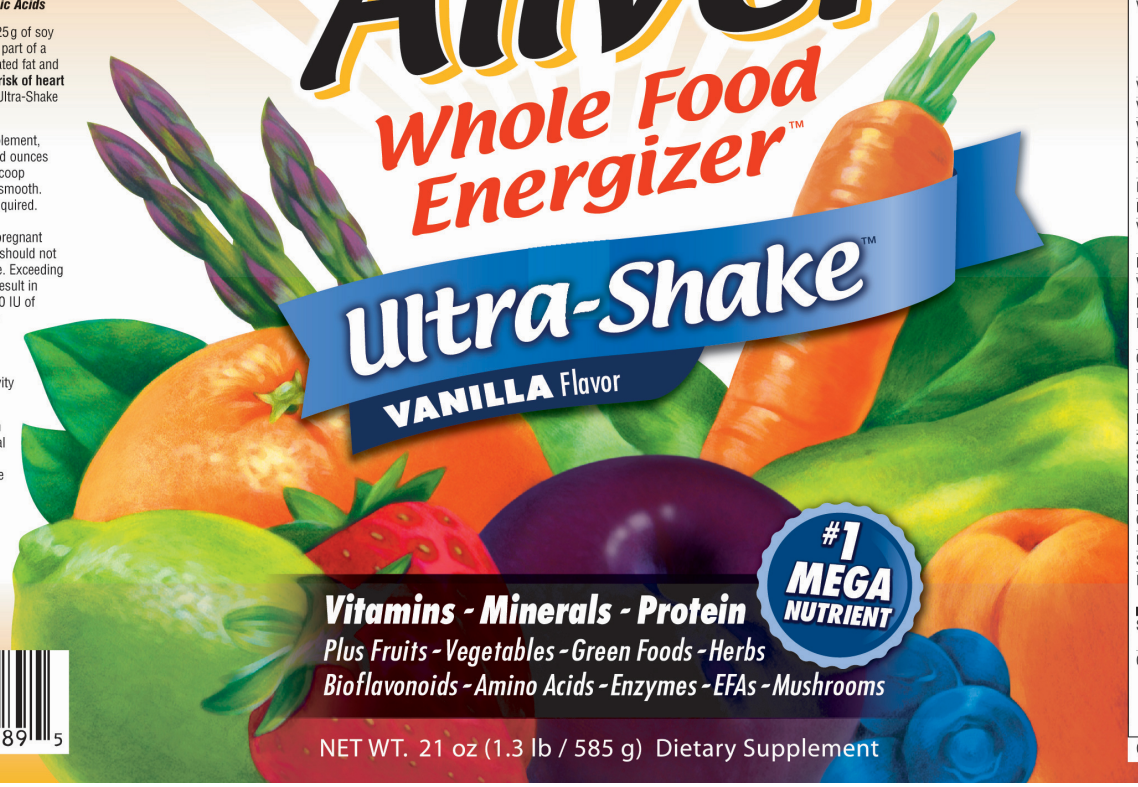
Non-GMO Soy

Alive!®

Whole Food Energizer™

Ultra-Shake™

VANILLA Flavor



#1 MEGA NUTRIENT

Vitamins - Minerals - Protein

Plus Fruits - Vegetables - Green Foods - Herbs

Bioflavonoids - Amino Acids - Enzymes - EFAs - Mushrooms

NET WT. 21 oz (1.3 lb / 585 g) Dietary Supplement

Supplement Facts

Serving Size 1 Scoop (39 g)
Servings Per Container 15

Amount Per Serving		% Daily Value†
Calories	120	
Calories from Fat	5	
Total Fat	<1 g	1%
Total Carbohydrate	13 g	4%
Dietary Fiber	3 g	12%
Sugars	9 g	
Protein	16 g	32%
Vitamin A (33% [5,000 IU] as retinol palmitate and 67% [10,000 IU] as beta carotene) providing (typical analysis): beta carotene 2,813 mcg, gamma carotene 28 mcg, trans beta carotene 28 mcg, beta zea carotene 6 mcg	15,000 IU	300%
Vitamin C (as ascorbic acid)	1 g	1667%
Vitamin D (as ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopherol)	200 IU	667%
Vitamin K (as phytonadione)	80 mcg	100%
Thiamin (as thiamine 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 soy protein, spirulina)	3 mg	17%
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 mg	100%
Sodium	165 mg	7%
Potassium (as amino acid chelate and from soy protein/spirulina)	90 mg	3%
Soy Protein (from Solae™ non-GMO Soy Protein Isolate with less than 2% lecithin)	15 g	**
Green Food/Spirulina Blend: Spirulina (microalgae); Kelp (whole thallus); 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 micro-algae); Plantain (leaf); Blue Green Algae (microalgae); Cilantro (leaf)	1.28 g (1,284 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)	660 mg	**
Citrus Bioflavonoid Complex (from lemon, sweet orange, bitter orange, grapefruit)	200 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; 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, Amylase, Lactase, Invertase, Lipase, Cellulase, Alpha Galactosidase); Betaine HCl; Bromelain (from pineapple); Papain (from papaya)	100 mg	**
Omega Fatty Acid Seed 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	**
Siberian Eleuthero (root)	50 mg	**
Inositol	50 mg	**
Choline (as choline bitartrate)	30 mg	**
RNA (from spirulina, chlorella)	29 mg	**
Hesperidin (from citrus bioflavonoid complex)	26 mg	**
PABA (para aminobenzoic acid)	25 mg	**
Rutin	25 mg	**
DNA (from spirulina, chlorella)	8 mg	**
Chlorophyll (from spirulina)	8 mg	**
Boron (as amino acid chelate)	1 mg	**
Lutein (from marigold)	200 mcg	**

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

Other Ingredients: 100% pure crystalline fructose, Natural flavors, Chicory root extract, Maltodextrin fiber, Xanthan gum, Guar gum

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