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"Feel your best with Alive!® Whole Food Energizer."

Alive! Ultra-Shake *is the ultimate energy beverage. It's also a comprehensive, whole food multivitamin with the added benefit of Non-GMO rice and pea protein. Each invigorating serving is the nutritional equivalent to three Alive! multivitamin tablets in a delicious, easily digested shake form.*

More Energizing Nutrients

from More Natural Sources than Other Supplements.

Read Supplement Facts and Compare.



Daily Essentials ***Botanical Energizers*** ***System Defenders***

Non-GMO RICE & PEA Protein

- ✔ *Complete protein combination*
- ✔ *Highly digestible, vegetarian source*
- ✔ *Lower allergen potential than soy or whey protein*

New! Formula **RICE & PEA PROTEIN**

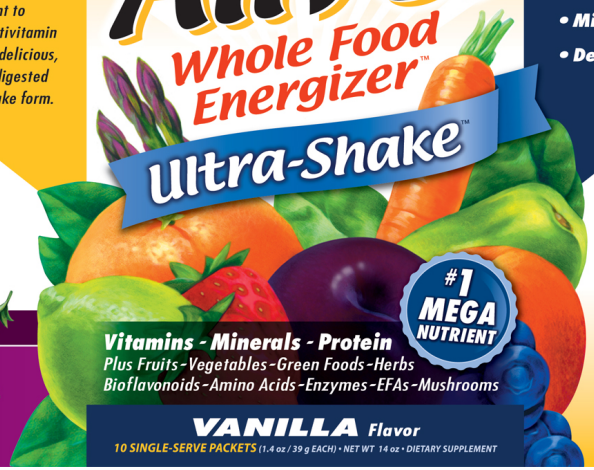
Nature's Way®

Non-GMO Vegetarian

Alive!®

Whole Food Energizer™

Ultra-Shake™



#1 MEGA NUTRIENT

Vitamins - Minerals - Protein

Plus Fruits - Vegetables - Green Foods - Herbs

Bioflavonoids - Amino Acids - Enzymes - EFAs - Mushrooms

VANILLA *Flavor*

10 SINGLE-SERVE PACKETS *(1.4 oz / 39 g EACH) • NET WT 14 oz • DIETARY SUPPLEMENT*

Ready to take on the go!

- ***Convenient, Single-Serve Packets***
- ***Powerful, Once-Daily Potency***
- ***Simple — Just Add Water***
- ***No Blender Needed***
- ***Mixes Instantly***
- ***Delicious***

Directions: As a dietary supplement, add 1 packet to 8 fluid ounces of cold water, milk or juice. Shake or stir until smooth. Mixes instantly, no blender required. ***Store in a cool, dry place.***

Natural • Vegetarian Formula: No artificial ingredients or preservatives. No yeast, wheat, milk, lactose or dairy products.

Superior Quality: Made to the exceptionally high standards of Nature's Way. Only the best ingredients are used, including chelated minerals, "flash-glanced" fruits/vegetables and organic mushrooms.

Questions? ***Call 1-800-9NATURE or visit www.naturesway.com***

Warning: Women who are pregnant or likely to become pregnant should not exceed recommended dose. Exceeding 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.

Alive!® Ultra-Shake™ is also available in Apple-Cinnamon flavor.

Supplement Facts

Serving Size 1 Packet (39 g)
Servings per Container 10

Amount Per Serving		% Daily Value
Calories	130	
Calories from Fat	10	
Total Fat	1 g	1%†
Total Carbohydrate	17 g	6%†
Dietary Fiber	4 g	16%†
Sugars	10 g	
Protein	14 g	28%†
Vitamin A (30% [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 trituarate)	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	125 mg	1250%
Calcium (as citrate/carbonate)	250 mg	25%
Iron (from spirulina)	840 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	60 mg	2%
Potassium (as amino acid chelate and from spirulina)	60 mg	2%
Rice Protein (from rice protein concentrate)	7 g	**
Pea Protein (from pea protein isolate)	5 g	**
Green Food/Spirulina Blend: Spirulina (microalgae); Kelp (whole thallus); Alfalfa (leaf, stem)	1.28 g (1,284 mg)	**

Amount Per Serving		% Daily Value
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)		
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™ Juice Powder Blend: Parsley; Kale; Spinach; Wheat Grass; Brussels Sprout; Asparagus; Broccoli; Cauliflower; Beet; Carrot; Cabbage; Garlic	100 mg	**
Orchard Fruits™ Juice Powder Blend: Plum; Cranberry; Blueberry; Strawberry; Blackberry; Bilberry; Cherry; Apricot; Papaya; Orange; Grape; Pineapple	100 mg	**
Myco Defense® Mushroom Blend: Contains all growth phases (mycelium, primordium, sclerotium and fruitbody) of: Cordyceps; Reishi; Shiitake; Hiratake; Maitake; Yamabushitake; Himematsutake; Kawaratake; Chaga; Zhu Ling; Agarikon; Mesima	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 pinespple); 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 mg	**

†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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