

MEN'S ENERGY COMPLETE MULTIVITAMIN

ORCHARD FRUITS™
& GARDEN VEGGIES™
Powder Blend (100 mg per serving)

130 TABLETS • MULTIVITAMIN SUPPLEMENT

Nature's
Way

Alive!

Recommendation: Men take 1 tablet daily, preferably with food. Not formulated for women or children. Do not exceed recommended dose. **Warning:** Do not take if you are pregnant or nursing. If you have a bleeding disorder, or if you are taking Coumadin® (warfarin) or any other medication, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV
Vitamin A (as 70% (630 mcg) retinyl acetate and 30% (270 mcg) beta carotene)	100%
Vitamin C (ascorbic acid)	150%
Vitamin D3 (as cholecalciferol)	40 mcg 200%
Vitamin E (as dl-alpha tocopheryl acetate)	22.5 mg 150%
Vitamin K (as phytonadione)	120 mcg 100%
Thiamin (as thiamin mononitrate)	2.4 mg 200%
Riboflavin	2.6 mg 200%
Niacin (as niacinamide)	24 mg 150%
Vitamin B6 (as pyridoxine HCl)	4.25 mg 250%
Folate (400 mcg DFE 100% (240 mcg Folic Acid))	
Vitamin B12 (as cyanocobalamin)	18 mcg 750%
Biotin	30 mcg 100%
Pantothenic Acid (as D-calcium pantothenate)	7.5 mg 150%
Calcium (as calcium carbonate, dicalcium phosphate, D-calcium pantothenate)	130 mg 10%

Other ingredients: cellulose, sodium croscarmellose, gelatin, hydroxypropyl cellulose, stearic acid, hypromellose, polydextrose, magnesium stearate, titanium dioxide color, silica, riboflavin color, medium chain triglycerides

Keep out of reach of children. Do not use if safety seal under child-resistant cap is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

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Amount per Serving

Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	105 mg	25%
Zinc (as zinc oxide)	16.5 mg	150%
Selenium (as sodium selenate)	96 mcg	175%
Copper (as copper sulfate)	0.9 mg	100%
Manganese (as manganese sulfate)	2.3 mg	100%
Molybdenum (as sodium molybdate)	45 mcg	100%
Sodium	5 mg	<1%

Orchard Fruits™ & Garden Veggies™ 100 mg

Powder Blend: Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Pear, Tomato, Raspberry, Broccoli, Cherry, Spinach, Cauliflower, Grape, Acai, Asparagus, Banana, Brussels Sprout, Cabbage, Cranberry, Cucumber, Pea, Pineapple, Pumpkin

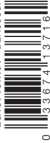
Lycopene	600 mcg	**
Boron (sodium borate)	150 mcg	**
Lutein Carotenoid from FloraGLO®	100 mcg	**
Aztec Marigold Extract (flower)		

**Daily Value (DV) not established.

FloraGLO
LUTEIN

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