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.

FREE FROM GLUTEN AND ARTIFICIAL COLORS

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Store at room temperature. Keep bottle tightly closed.

Aquamin® is a registered trademark of Marigot Limited.

Quatrefolic® is a registered trademark of Gnosis S.p.A. U.S. Patent No. 7,947,662.

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Bottled and tested in the USA
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HIGH POTENCY B-VITAMINS to help convert food to fuel†

ONCE DAILY

Nature's way

Alive!

MEN'S 50+ ULTRA POTENCY

COMPLETE MULTIVITAMIN

Energizer™ with Food-Based Blends & Orchard Fruits™/Garden Veggies™
Powder Blend (60 mg per serving)

60 TABLETS • MULTIVITAMIN SUPPLEMENT

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Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV
Total Carbohydrate <1 g	<1%†
Vitamin A (as 50% [675 mcg] beta carotene, 50% [675 mcg] retinyl acetate) 1,350 mcg	150%
Vitamin C (ascorbic acid) 203 mg	226%
Vitamin D3 (as cholecalciferol) 50 mcg	250%
Vitamin E (as d-alpha tocopheryl succinate) 60 mg	400%
Vitamin K (as phytonadione) 120 mcg	100%
Thiamin (as thiamin mononitrate) 20 mg	1,667%
Riboflavin 20 mg	1,538%
Niacin (as niacinamide) 40 mg	250%
Vitamin B6 (as pyridoxine HCl) 34 mg	2,000%
Folate 800 mcg DFE (837 mcg Quatrefolic® brand (6S)-5-Methyltetrahydrofolate glucosamine salt)	200%
Vitamin B12 (as methylcobalamin) 90 mcg	3,750%
Biotin 33 mcg	110%
Pantothenic Acid (as D-calcium pantothenate) 20 mg	400%
Choline (as choline bitartrate) 20 mg	4%
Calcium (from Aquamin® calcified mineral source Red Algae *Lithothamnion* sp. [whole plant]) 130 mg	10%
Iodine (as potassium iodide) 150 mcg	100%
Magnesium (from Aquamin® calcified mineral source Red Algae *Lithothamnion* sp. [whole plant] and as magnesium oxide) 55 mg	13%
Zinc (as zinc oxide) 22 mg	200%
Selenium (as sodium selenate) 200 mcg	364%
Copper (as copper sulfate) 1.8 mg	200%
Manganese (as manganese sulfate) 5.8 mg	252%
Molybdenum (as sodium molybdate) 45 mcg	100%
Potassium (as potassium chloride) 5 mg	<1%
Men's Blend: Saw Palmetto (berry), Lycopene (from Tomato Extract) (1 mg) 101 mg	**
Orchard Fruits™ / Garden Veggies™ Powder Blend 60 mg	**
Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Grape, Pea, Pineapple, Pumpkin, Spinach	
Mind & Body Energy Blend: Asian Ginseng Extract (root), Eleuthero (root), *Ginkgo biloba* Extract (leaf), Gotu kola (aerial parts), *Rhodiola rosea* Extract (root), standardized to 3% Rosavins (0.18 mg), and 1% Salidrosside (0.06 mg) 30 mg	**
Cardio Blend: Hawthorn (berry), Japanese Knotweed Extract (root) standardized to 50% Resveratrol (1 mg), Coenzyme Q10 (Ubiquinone 10) 20 mg	**
Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine) providing Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols, and Flavones 20 mg	**
Daily Greens™ Blend providing Amino Acids: Spirulina, Kelp, Alfalfa (leaf, stem, flower), Barley (grass), Blessed Thistle (stem, leaf, flower), Blue-Green Algae (*Aphanizomenon flos-aquae*), Chlorella (micro-algae), Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass (*Cymbopogon citratus*), Nettle (*Urtica* spp.) (leaf), Plantain (leaf), Wheat (grass) 20 mg	**
Digestive Enzyme Blend: Concentrated Enzyme Formula (Protease I, Protease II, Amylase, Lactase, Peptidase, Cellulase, Invertase, Alpha Galactosidase, Lipase), Betaine HCl, Bromelain, Papain 20 mg	**
Inositol 20 mg	**
Mushroom Mycelial & Primordia Biomass Defense Blend: Organic Reishi (*Ganoderma lucidum*), Organic Shiitake (*Lentinula edodes*), Organic Hiratake (*Pleurotus ostreatus*), Organic Enokitake (*Flammulina velutipes*), Organic Maitake (*Grifola frondosa*), Organic Yamabushi-take (*Hericium erinaceus*), Organic Agarikon (*Fomitopsis officinalis*), Organic Chaga (*Inonotus obliquus*), Organic Himematsutake (*Agaricus brasiliensis-blazei*), Organic Kawaratake (*Trametes versicolor*), Organic Mesima (*Phellinus linteus*), Organic Zhu Ling (*Grifola umbellata*) 20 mg	**
Rutin (from *Sophora japonica*) (flower bud) Extract 5 mg	**
Lutein (from Aztec marigold extract) (flower) 1 mg	**

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

Other Ingredients: cellulose, stearic acid, sodium croscarmellose, silica, hypromellose, magnesium stearate, gelatin, glycerin, brown rice

FREE FROM GLUTEN AND ARTIFICIAL COLORS

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Amount per Serving	% DV
Cauliflower, Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	
Mind & Body Energy Blend: Asian Ginseng Extract (root), Eleuthero (root), *Ginkgo biloba* Extract (leaf), Gotu kola (aerial parts), *Rhodiola rosea* Extract (root), standardized to 3% Rosavins (0.18 mg), and 1% Salidrosside (0.06 mg) 30 mg	**
Cardio Blend: Hawthorn (berry), Japanese Knotweed Extract (root) standardized to 50% Resveratrol (1 mg), Coenzyme Q10 (Ubiquinone 10) 20 mg	**
Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine) providing Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols, and Flavones 20 mg	**
Daily Greens™ Blend providing Amino Acids: Spirulina, Kelp, Alfalfa (leaf, stem, flower), Barley (grass), Blessed Thistle (stem, leaf, flower), Blue-Green Algae (*Aphanizomenon flos-aquae*), Chlorella (micro-algae), Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass (*Cymbopogon citratus*), Nettle (*Urtica* spp.) (leaf), Plantain (leaf), Wheat (grass) 20 mg	**
Digestive Enzyme Blend: Concentrated Enzyme Formula (Protease I, Protease II, Amylase, Lactase, Peptidase, Cellulase, Invertase, Alpha Galactosidase, Lipase), Betaine HCl, Bromelain, Papain 20 mg	**
Inositol 20 mg	**
Mushroom Mycelial & Primordia Biomass Defense Blend: Organic Reishi (*Ganoderma lucidum*), Organic Shiitake (*Lentinula edodes*), Organic Hiratake (*Pleurotus ostreatus*), Organic Enokitake (*Flammulina velutipes*), Organic Maitake (*Grifola frondosa*), Organic Yamabushi-take (*Hericium erinaceus*), Organic Agarikon (*Fomitopsis officinalis*), Organic Chaga (*Inonotus obliquus*), Organic Himematsutake (*Agaricus brasiliensis-blazei*), Organic Kawaratake (*Trametes versicolor*), Organic Mesima (*Phellinus linteus*), Organic Zhu Ling (*Grifola umbellata*) 20 mg	**
Rutin (from *Sophora japonica*) (flower bud) Extract 5 mg	**
Lutein (from Aztec marigold extract) (flower) 1 mg	**

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Other Ingredients: cellulose, stearic acid, sodium croscarmellose, silica, hypromellose, magnesium stearate, gelatin, glycerin, brown rice

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GET THE MOST FROM YOUR MULTI!

- **Orchard Fruits™/Garden Veggies™ Powder Blend**
- **Men's Blend**
- **Mushroom Defense Blend**
- **Cardio Blend**
- **Citrus Bioflavonoid Complex**
- **Daily Greens™ Blend Providing Amino Acids**
- **Digestive Enzyme Blend**
- **Mind & Body Energy Blend**

BALANCED FOR MEN 50+

With High Potency B-Vitamins including the active form of B-12 and Folate

- **EYE HEALTH***
  Beta Carotene (Vitamin A)
  Vitamins C, E
  Lutein, Zinc
- **BONE HEALTH***
  Calcium, Folate
  Magnesium, Manganese
  Vitamins D3, K
- **HEART HEALTH***
  B-Vitamins
  Vitamins C, E
- **IMMUNE HEALTH***
  Selenium, Zinc
  Vitamins A, C, D3
- **ENERGY METABOLISM***
  B-Vitamins
- **MUSCLE FUNCTION***
  Magnesium
  Vitamins B6, D3

Alive!™ multivitamins were created to give you the energy support you need to do all that is important to you! Get the most from your multi, with potent vitamins & minerals and our food-based blends, and live every day feeling Alive!

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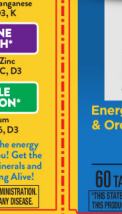

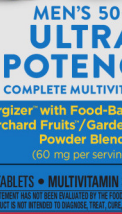

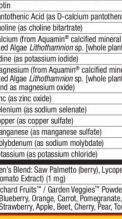

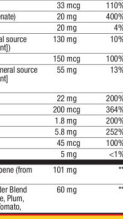

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV
Total Carbohydrate <1 g	<1%†
Vitamin A (as 50% [675 mcg] beta carotene, 50% [675 mcg] retinyl acetate) 1,350 mcg	150%
Vitamin C (ascorbic acid) 203 mg	226%
Vitamin D3 (as cholecalciferol) 50 mcg	250%
Vitamin E (as d-alpha tocopheryl succinate) 60 mg	400%
Vitamin K (as phytonadione) 120 mcg	100%
Thiamin (as thiamin mononitrate) 20 mg	1,667%
Riboflavin 20 mg	1,538%
Niacin (as niacinamide) 40 mg	250%
Vitamin B6 (as pyridoxine HCl) 34 mg	2,000%
Folate 800 mcg DFE (837 mcg Quatrefolic® brand (6S)-5-Methyltetrahydrofolate glucosamine salt)	200%
Vitamin B12 (as methylcobalamin) 90 mcg	3,750%
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Calcium (from Aquamin® calcified mineral source Red Algae *Lithothamnion* sp. [whole plant]) 130 mg	10%
Iodine (as potassium iodide) 150 mcg	100%
Magnesium (from Aquamin® calcified mineral source Red Algae *Lithothamnion* sp. [whole plant] and as magnesium oxide) 55 mg	13%
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Potassium (as potassium chloride) 5 mg	<1%
Men's Blend: Saw Palmetto (berry), Lycopene (from Tomato Extract) (1 mg) 101 mg	**
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Inositol 20 mg	**
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