

Garden Goodness™
Harvested for Your Health

**1 SERVING OF
VEGGIES AND FRUITS****

Looking for a way to
get more veggies
and fruits?

Alive!™'s blend helps
you discover the
magic of organic kale,
acaí and raspberry to
boost your daily intake.



◆ LN12112.A02 BLK9114A

11.4 g vegetable and fruit blend per serving. Each 2 tablet serving provides the equivalent of 1 cup of leafy greens (kale) before drying.
Cholesterol-free per recommended 3 cups of fruit and 3 cups of veggies per day for a 2,000 calorie diet.

Alive!
Garden Goodness™
Men's
MULTI-VITAMIN
**1 SERVING OF
VEGGIES AND FRUITS****

Made with organic
kale, acaí and raspberry

60 TABLETS Multi-Vitamin Supplement

Supplement Facts

(Serving Size: 2 Tablets / Servings per Container: 30)

Amount per Serving	% DV
Calories	10
Total Carbohydrate	2g 1%†
Total Sugars	<1g †
Includes <1 g Added Sugars	900 mcg 100%
Vitamin A (70% as retinyl acetate and 30% as beta carotene)	90 mcg 100%
Vitamin C (ascorbic acid)	20 mcg 100%
Vitamin D3 (as cholecalciferol)	22.5 mcg 150%
Vitamin E (as d-alpha-tocopheryl acetate)	2.4 mg 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)	3.4 mg 200%
Folate	400 mcg DFE 100%
(239.8 mcg from Acid)	
Vitamin B12 (as cyanocobalamin)	7.2 mcg 300%
Biotin	30 mcg 100%
Pantothenic Acid (as D-calcium pantothenate)	7.5 mg 150%
Iodine (as potassium iodide)	150 mcg 100%
Zinc (as zinc oxide)	13.7 mg 125%
Selenium (as sodium selenate)	96.2 mcg 175%
Copper (as copper sulfate)	0.9 mg 100%
Manganese (as manganese sulfate)	2.3 mg 100%

Amount per Serving	% DV
Molybdenum (as sodium molybdate)	45 mcg 100%
Organic Veggie and Fruit Blend (organic kale, organic acaí, organic raspberry, organic apple, organic mango, organic blueberry, organic carrot, organic cranberry, organic strawberry, organic elderberry, organic cherry)	1.4g **
Lycopene (from tomato extract)	600 mcg **
Lutein (from <i>Achillea millefolium</i> extract) (flower)	100 mcg **
Percent Daily Values (DV) are based on a 2,000 calorie diet.	
**Daily Value not established.	
Other ingredients: organic lactuca doctroide, organic camu camu, organic malodendron, organic gelatin, organic sunflower lecithin, organic palm oil, organic guar gum	
Recommendation: Men take 2 tablets once daily, preferably with food. Not formulated for women or children.	
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.	
GLUTEN FREE. No salt, yeast-derived ingredients, wheat, dairy, or artificial colors, or flavors.	
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.	
Trademark of its respective company.	
©2021 Nature's Way Brands, LLC	
Green Bay, WI 54311 USA	
Certified Organic by Quality Assurance Inc.	
Questions? 1-800-3NATURE / feedback.com	



LN12112.A02 BLK9114A

Complete Multi-Vitamin To Help You Fill the Gaps

- 100% or more Daily Value of 19 vitamins & minerals
- High potency B vitamins help convert food into energy*

Balanced for MEN

to support multiple body systems:



Energy*



Heart Health*



Muscle Function*



Eyes*



Cellular Health*



Immunity*

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*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



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