

Garden Goodness™
Harvested For Your Health

**1 SERVING OF
VEGGIES AND FRUITS***

Looking for a way to
get more veggies
and fruits?

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

◆ LN12112.B01 BLK91148

*11.4 g vegetable and fruit blend per serving. Each 2 tablet serving provides the equivalent of 1 cup of leafy greens (volume before drying).
†ChooseMyPlate.gov recommends 2 cups of fruit and 3 cups of veggies per day for a 2,000 calorie diet.

Alive!
Garden Goodness™
Men's
MULTIVITAMIN
**1 SERVING OF
VEGGIES AND FRUITS***

**Made with organic
kale, açai and raspberry**

60 TABLETS • MULTIVITAMIN SUPPLEMENT

Supplement Facts
Serving Size 2 Tablets / Servings per Container 30

Amount per Serving	% DV
Calories	50
Total Carbohydrate	2g 1%
Total Sugars	<1g **
Includes <1 g Added Sugars	
Vitamin A (as 70% retinyl acetate and 30% beta carotene)	900 mcg 100%
Vitamin C (ascorbic acid)	90 mg 100%
Vitamin D3 (as cholecalciferol)	20 mcg 100%
Vitamin E (as d-alpha tocopheryl acetate)	22.5 mcg 100%
Vitamin K (as phytonadione)	120 mcg 100%
Thiamin (as thiamin mononitrate)	2.4 mg 200%
Riboflavin	2.4 mg 200%
Niacin (as niacinamide)	24 mg 200%
Vitamin B6 (as pyridoxine HCl)	3.4 mg 200%
Folate	400 mcg DFE (239.8 mcg Folic Acid) 100%
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 & Fruit Blend: organic kale, organic açai, organic raspberry, organic apple, organic mango, organic blueberry, organic carrot, organic cranberry, organic strawberry, organic elderberry, organic cherry	1.4 g **
Ulipicidin (from <i>Ulmaria Extract</i>)	600 mcg **
Lutein (from <i>Actaea maritima Extract</i> (flower))	100 mcg **

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

Other ingredients: organic glucose syrup, organic carnauba wax, organic maltodextrin, 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 or have known hypersensitivity to iodine or hyperthyroidism. 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.

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Sewer Bay, WI 54311 USA
Certified Organic by Quality Assurance Int'l
Questions? 1-800-ORATURE / naturaway.com



LBN12112.B01 BLK91148

Complete Multivitamin 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:



Cellular Energy*



Heart Health*



Muscle Function*



Eyes*



General 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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