

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, nursing, or under the age of 18. If you have a bleeding disorder, are taking Coumadin[®] (warfarin) or any medications, consult a healthcare professional before use.

FREE GLUTEN AND
FROM ARTIFICIAL COLORS

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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Green Bay, WI 54311 USA
Bottled and tested in the USA

Questions? 1-800-9NATURE / naturesway.com

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**HIGH
POTENCY
B-VITAMINS**
to help convert
food to fuel*

Nature's
Way

ONCE DAILY

Alive!



**MEN'S
ULTRA POTENCY
COMPLETE MULTIVITAMIN**

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

150 TABLETS • MULTIVITAMIN SUPPLEMENT

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

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV
Total Carbohydrate	<1 g <1%
Vitamin A (as 50% [675 mcg] beta-carotene, 1,350 mcg 50% [675 mcg] retinyl acetate)	150%
Vitamin C (ascorbic acid)	203 mg 226%
Vitamin D3 (as cholecalciferol)	50 mcg 250%
Vitamin E (as d-alpha-tocopheryl succinate)	15 mg 100%
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)	20 mg 1,176%
Folate (240 mcg Folic Acid)	100%
Vitamin B12 (as methylcobalamin)	40 mcg 1,667%
Biotin	33 mcg 110%
Pantothenic Acid (as D-calcium pantothenate)	20 mg 400%
Choline (as choline bitartrate)	20 mg 4%
Calcium (as calcium carbonate, dicalcium phosphate)	130 mg 10%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (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%
Men's Blend: Saw Palmetto (berry), Tomato	101 mg
Orchard Fruits™ & Garden Veggies™ Powder Blend: Blueberry, Orange, Carrot, Pomegranate, Plum,	60 mg

Amount per Serving	% DV
Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	
Energy & Endurance Blend: Eleuthero (root), Rhodiola (root) Extract, Asian Ginseng (root) Extract, Gotu Kola (aerial parts)	30 mg
Cardio Blend: Hawthorn (berry), Japanese Knotweed (root) Extract, Coenzyme Q10 (ubiquinone-10)	20 mg
Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine)	20 mg
Daily Greens™ Blend: Spinulna, Kelp, Barley (grass), Blessed Thistle (stem, leaf, flower), Blue-Green Algae (Aphanizomenon flos-aquae), Chlorella, Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass (Cymbopogon citratus) (aerial parts), Nettle (Urtica spp.) (leaf), Plantain (leaf), Wheat (grass)	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 Yamabushitake (Hericium erinaceus), Organic Agarikon (Fomitopsis officinalis), Organic Chaga (Inonotus obliquus), Organic Himematsutake (Agaricus brasiliensis/brazier), Organic Kawaratake (Trametes versicolor), Organic Mesima (Phellinus linteus), Organic Zhu Ling (Grifola umbellata)	
Digestive Enzyme Blend: Betaine HCl, Bromelain, Papain	7 mg
Rutin (from Sophora japonica [flower bud] Extract)	5 mg
Lutein (from Aztec Marigold [flower] Extract)	500 mcg

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

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