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

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 blood clotting issue, or if you are taking any medications, 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. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

LG15891.E01 BLK8650E

VEGETARIAN

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Green Bay, WI 54311 USA / Bottled and tested in the USA
Questions? 1-800-9NATURE / naturesway.com

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)

30 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, 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)	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	400 mcg DFE (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, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Açaí, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	60 mg	**
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: Spirulina, 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/blazei)*, Organic Kawaratake *(Trametes versicolor)*, Organic Mesima *(Phellinus linteus)*, Organic Zhu Ling *(Grifola umbellata)*	20 mg	**
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.

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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
Digestive Enzyme Blend	Energy & Endurance Blend	

BALANCED FOR MEN

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

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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