

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 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.

Trademark of its respective company.

◆ LG15691.D01 BLK66520

©2022 Nature's Way Brands, LLC
Green Bay, WI 54311 USA
Bottled and tested in the USA
Questions? 1-800-NATURE | natureway.com

HIGH POTENCY B-VITAMINS
Nature's Way

Alive!

MEN'S 50+ ULTRA POTENCY
COMPLETE MULTIVITAMIN

Energizer® with Food-Based Blends & Orchard Fruits®/Garden Veggies® Powder Blend (50 mg per serving)

60 TABLETS • MULTIVITAMIN SUPPLEMENT

Supplement Facts	
Amount per Serving	% DV
Vitamin A	
Vitamin A (as 50% (50% mcg) beta-carotene, 50% (50% mcg) retinyl acetate)	1,350 mcg 150%
Vitamin B1	
Vitamin B1 (as thiamine mononitrate)	20 mg 1,667%
Vitamin B2	
Vitamin B2 (as riboflavin)	20 mg 1,778%
Vitamin B3	
Vitamin B3 (as niacinamide)	40 mg 250%
Vitamin B6	
Vitamin B6 (as pyridoxine HCl)	20 mg 1,176%
Vitamin C	
Vitamin C (as ascorbic acid)	203 mg 226%
Vitamin D3	
Vitamin D3 (as cholecalciferol)	50 mcg 250%
Vitamin E	
Vitamin E (as d-alpha-tocopheryl succinate)	15 mg 100%
Vitamin K	
Vitamin K (as phytylmethylquinone)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%
NIACINAMIDE	
Niacinamide (as niacinamide)	40 mg 250%
PHYTYLMETHYLQUINONE	
Phytylmethylquinone (as vitamin K)	120 mcg 100%
BIOTIN	
Biotin (as biotin)	20 mg 1,667%
CHOLECALCIFEROL	
Cholecalciferol (as vitamin D3)	20 mg 1,778%