

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 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.

 **VEGETARIAN**

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

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

◆ LG13717.E01 BLK8650E



**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..... 150% 50% [675 mcg] retinyl acetate)	
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... 100% (240 mcg Folic Acid)
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: ..	60 mg ** Blueberry, Orange, Carrot, Pomegranate, Plum,

Amount per Serving	% DV†
Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Açai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pear, Pineapple, Pumpkin, Spinach	
Energy & Endurance Blend: Eleuthero (root), Rhodiola (root)....	30 mg..... **
Extract, Asian Ginseng (root) Extract, Gotu Kola (aerial parts) Cardio Blend: Hawthorn (berry), Japanese Knotweed	20 mg..... ** (root) Extract, Coenzyme Q10 (ubiquinone-10)
Citrus Bioflavonoid Complex (from orange, grapefruit,	20 mg..... ** lemon, lime, tangerine)
Daily Greens™ Blend: Spirulina, Kelp, Barley (grass).....	20 mg..... **
Blessed Thistle (stem, leaf, flower), Blue-Green Algae (<i>Aphanizomenon flos-aquae</i>), Chlorella, Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass (<i>Cymbopogon citratus</i>) (aerial parts), Nettle (<i>Urtica</i> spp.) (leaf), Plantain (leaf), Wheat (grass)	
Inositol	20 mg..... **
Mushroom Mycelial & Primordia Biomass Defense Blend:	20 mg..... ** Organic Reishi (<i>Ganoderma lucidum</i>), Organic Shiitake (<i>Lentinula edodes</i>), Organic Hiratake (<i>Pleurotus ostreatus</i>), Organic Enokitake (<i>Flammulina velutipes</i>), Organic Maitake (<i>Grifola frondosa</i>), Organic Yamabushitake (<i>Hericium erinaceus</i>), Organic Agarikon (<i>Fomitopsis officinalis</i>), Organic Chaga (<i>Inonotus obliquus</i>), Organic Himematsutake (<i>Agaricus brasiliensis/blazei</i>), Organic Kawaratake (<i>Trametes versicolor</i>), Organic Mesima (<i>Phellinus linteus</i>), Organic Zhu Ling (<i>Grifola umbellata</i>)
Digestive Enzyme Blend: Betaine HCl, Bromelain, Papain.....	7 mg..... **
Rutin (from <i>Sophora japonica</i> [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, glycerin, brown rice