



Alive!



MEN'S 50+ COMPLETE MULTIVITAMIN

**ORCHARD FRUITS™
& GARDEN VEGGIES™**
Powder Blend (100 mg per serving)

50 TABLETS • MULTIVITAMIN SUPPLEMENT

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 or nursing. If you have a kidney disorder, hypercalcemia, hypercalciuria, a bleeding disorder, or if you are taking Coumadin®† (warfarin) or any other medication, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV
Vitamin A (as 70% [630 mcg] retinyl acetate and 30% [270 mcg] beta-carotene)	900 mcg 100%
Vitamin C (ascorbic acid)	180 mg 200%
Vitamin D3 (as cholecalciferol)	40 mcg 200%
Vitamin E (as dl-alpha tocopheryl acetate)	30 mg 200%
Vitamin K (as phytonadione)	120 mcg 100%
Thiamin (as thiamin mononitrate)	3.6 mg 300%
Riboflavin	2.6 mg 200%
Niacin (as niacinamide)	24 mg 150%
Vitamin B6 (as pyridoxine HCl)	5.1 mg 300%
Folate (240 mcg DFE Folic Acid)	400 mcg DFE 100%
Vitamin B12 (as cyanocobalamin)	40 mcg 1,667%
Biotin	30 mcg 100%
Pantothenic Acid (as D-calcium pantothenate)	7.5 mg 150%
Calcium (as calcium carbonate, dicalcium phosphate, D-calcium pantothenate)	130 mg 10%

Amount per Serving

% DV

Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide)	105 mg 25%
Zinc (as zinc oxide)	19.2 mg 175%
Selenium (as sodium selenate)	96 mcg 175%
Copper (as copper sulfate)	0.9 mg 100%
Manganese (as manganese sulfate)	4.6 mg 200%
Molybdenum (as sodium molybdate)	45 mcg 100%
Orchard Fruits™ & Garden Veggies™ Powder Blend Orange, Blueberry, Carrot, Plum, Pomegranate, Strawberry, Pear, Apple, Beet, Raspberry, Pineapple, Pumpkin, Cherry, Cauliflower, Grape, Banana, Cabbage, Tomato, Açai, Asparagus, Brussels Sprout, Cranberry, Cucumber, Pea, Broccoli, Spinach	100 mg **
Lycopene	600 mcg **
FloraGLO® Lutein	300 mcg **
Carotenoid from Aztec Marigold Extract (flower)	
Boron (as sodium borate)	150 mcg **

**Daily Value (DV) not established.

Other ingredients: cellulose, gelatin, sodium croscarmellose, hydroxypropyl cellulose, hypromellose, stearic acid, polydextrose, titanium dioxide color, riboflavin color, medium chain triglycerides, magnesium stearate, silica

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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