Other ingredients: cellulose, stearic acid, sodium croscarmellose, silica, magnesium stearate, hypromellose, gelatin, 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 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.

LG15891.D01 BLK8650D

‡Trademark of its respective company.

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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 Alive!® ONCE DAILY

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

## 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, Açai, 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.

LGBN15891.D01 BLK8650D

## 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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