

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 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.



BOTTLE MADE FROM
50% POST-CONSUMER
RECYCLED PLASTIC

◆ LH15691.D01 BLK8652D

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Green Bay, WI 54311 USA

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

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Once Daily



Alive!

MEN'S 50+

Ultra Multivitamin

Promotes Healthy
Brain, Eyes & Heart*

High Potency Complete
Multivitamin for Men 50+

60 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.....100%
	(240 mcg Folic Acid)
Vitamin B12 (as methylcobalamin)	90 mcg.....3,750%
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.....354%
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, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	
Mind & Body Energy Blend: Asian Ginseng (root) Extract.....30 mg.....**	
Eleuthero (root), Ginkgo biloba (leaf) Extract, Gotu Kola (aerial parts), Rhodiola (root) Extract	
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)	
Inositol	20 mg.....**
Mushroom Mycelial & Primordia Biomass Defense Blend:	20 mg.....**
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)	
Digestive Enzyme Blend: Betaine HCl, Bromelain, Papain	7 mg.....**
Rutin (from Sophora japonica [flower bud] Extract)	5 mg.....**
Lutein (from Aztec Marigold [flower] Extract)	1 mg.....**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value not established.