

Living life with your health and wellness
in mind is living life well!

Directions: As a dietary supplement, adults take one (1) tablet daily with any meal or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No added Yeast, Artificial Flavors or Colors.
Gluten Free.

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Proudly Manufactured by
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CENTURY®

Wellify!™

LIVING LIFE WELL

COMPARE VS. ALIVE!® MEN'S ENERGY†



**MEN'S
ENERGY**

MULTIVITAMIN MULTIMINERAL
FOOD-BASED BLEND

DIETARY SUPPLEMENT **65 TABLETS**



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (30% as Beta-Carotene)	1,500 mcg 167%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin C (as Ascorbic Acid)	90 mg 100%	Magnesium (as Magnesium Oxide)	100 mg 24%
Vitamin D ₃ (as Cholecalciferol)	20 mcg (800 IU) 100%	Zinc (as Zinc Oxide)	22.5 mg 205%
Vitamin E (as d-Alpha Tocopheryl Acetate)	20.3 mg 135%	Selenium (as Sodium Selenate)	122.5 mcg 223%
Vitamin K (as Phytonadione)	80 mcg 67%	Copper (as Copper Sulfate)	2 mg 222%
Thiamin (as Thiamin Mononitrate)	3 mg 250%	Manganese (as Manganese Sulfate)	2 mg 87%
Riboflavin (Vitamin B-2)	3.4 mg 262%	Molybdenum (as Sodium Molybdate)	75 mcg 167%
Niacin (as Niacinamide)	30 mg 188%	Fruit & Vegetable Blend	100 mg **
Vitamin B-6 (as Pyridoxine HCl)	4 mg 235%	Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Açai, Asparagus, Banana, Broccoli, Brussels Sprouts, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach.	
Folate	667 mcg DFE 167% (400 mcg Folic Acid)	Lycopene	600 mcg **
Vitamin B-12 (as Cyanocobalamin)	18 mcg 750%	Boron (as Amino Acid Chelate)	150 mcg **
Biotin (as d-Biotin)	300 mcg 1,000%	Lutein	100 mcg **
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 300%		
Calcium (as Calcium Carbonate)	200 mg 15%		

Other Ingredients: Cellulose, Dicalcium Phosphate, Maltodextrin, Croscarmellose Sodium, Rice Hull Concentrate, Gelatin. Contains <2% of: Guar Gum, Magnesium Stearate, Palm Olein, Stearic Acid, Sunflower Lecithin.

ACTUAL SIZE

