

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

◆ LH15685.D02 BLK8650D

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Green Bay, WI 54311 USA

Bottled and tested in the USA

Questions? 1-800-962-8873 / naturesway.com

Once Daily

Nature's
way

Alive!

MEN'S

Ultra
Multivitamin

Promotes
Healthy Heart
& Muscle Function*

High Potency Complete
Multivitamin for Men

60 TABLETS - MULTIVITAMIN SUPPLEMENT

Amount per Serving	% DV†
Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	
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, Organic Shiitake, Organic Hiratake, Organic Enokitake, Organic Maitake, Organic Yamabushitake, Organic Agarikon, Organic Chaga, Organic Himematsutake, Organic Kawaratake (Trametes versicolor), Organic Mesima, Organic Zhu Ling	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.

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Explore more products at NATURESWAY.COM

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)	40 mcg 1,667%
Biotin	33 mcg 110%
Pantothenic Acid (as D-calcium pantothenate)	20 mg 400%
Calcium (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
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	
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Once Daily

Nature's
way

Ultra
Multivitamin

With 22 vitamins
and minerals



200% or more Daily Value of
12 vitamins and minerals,
including active form methyl B12



Vitamins and minerals to
fill nutrient gaps



7 plant-based blends
including Daily Greens™ and
Energy & Endurance blends



60 mg Orchard Fruits™
& Garden Veggies™
powder blend per serving

Alive!

MEN'S

Ultra
Multivitamin

Promotes Healthy
Heart & Muscle Function*

High Potency Complete
Multivitamin for Men

60 TABLETS - MULTIVITAMIN SUPPLEMENT

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.
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