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BOTTLE MADE FROM
50% POST-CONSUMER
RECYCLED PLASTIC



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



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



Vitamins and minerals
to fill nutrient gaps



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

With 22 vitamins
and minerals

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.

*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

Nature's
way
Alive!

MEN'S
Ultra
Multivitamin
Promotes
Healthy Heart
& Muscle Function*
High Potency Complete
Multivitamin for Men

150 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, 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.

Supplement Facts

Serving Size 1 Tablet		
Amount per Serving	% DVT	
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%
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%

Amount per Serving	% DVT
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, Acai, 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, Organic Shiitake, Organic Hiratake, Organic Enoki, Organic 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 (DVT) are based on a 2,000 calorie diet.
**Daily Value not established.

Other ingredients: cellulose, stearic acid, sodium croscarmellose, silica, magnesium stearate, hypromellose,
gelatin, glycerin, brown rice

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