

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.D03 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**

## 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, | 60 mg  | ** |

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                                                                                                                                                         |         |    |
| 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 ( <i>Aphanizomenon flos-aquae</i> ), Chlorella, Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass ( <i>Cymbopogon citratus</i> ) (aerial parts), Nettle ( <i>Urtica</i> 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 Kowaratake ( <i>Trametes versicolor</i> ), Organic Mesima, Organic Zhu Ling                                          | 20 mg   | ** |
| Digestive Enzyme Blend:                                                                                                                                                                                                                                                                                                                                  | 7 mg    | ** |
| Betaine HCl, Bromelain, Papain                                                                                                                                                                                                                                                                                                                           |         |    |
| Rutin (from <i>Sophora japonica</i> [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.

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