

Get the Most From Your Multi

Gelatin-free gummies with 15 vitamins and minerals



Full B-vitamin complex helps convert food to fuel*



Supports immune, heart, and muscle function*

Explore more products at [NATURESWAY.COM](https://www.naturesway.com)

FREE FROM gluten, gelatin, dairy, wheat, peanut, and egg.

Keep out of reach of children. Do not use if safety seal under child-resistant cap is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

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Green Bay, WI 54311 USA
Questions? 1-800-9NATURE / [naturesway.com](https://www.naturesway.com)

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BOTTLE MADE FROM
50% POST-CONSUMER
RECYCLED PLASTIC

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

Nature's
way

Alive!

MEN'S GUMMY MULTIVITAMIN

Supports Energy Metabolism
& Muscle Function*

Orchard Fruits™ & Garden Veggies™
Powder Blend (100 mg per 2 gummies)

WITH
PLANT-
BASED
PECTIN

Fruit
Flavored

60 GUMMIES - MULTIVITAMIN SUPPLEMENT

Recommendation: Men chew 2 gummies daily. Not formulated for women or children. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

Supplement Facts

Amount per Serving		% DV†
Serving Size 2 Gummies		
Servings per Container 30		
Amount per Serving		% DV†
Calories	20	
Total Carbohydrate	5 g	2%†
Total Sugars	4 g	**
Includes 4 g Added Sugars		8%†
Vitamin A (as retinyl palmitate)	900 mcg	100%
Vitamin C (ascorbic acid)	112.5 mg	125%
Vitamin D3 (as cholecalciferol)	20 mcg	100%
Vitamin E (as dl-alpha tocopheryl acetate)	15 mg	100%
Thiamin (as thiamin HCl)	0.3 mg	25%
Riboflavin	0.325 mg	25%
Niacin (as niacinamide)	4 mg	25%
Vitamin B6 (as pyridoxine HCl)	4.3 mg	253%
Folate	400 mcg DFE (240 mcg Folic Acid)	100%
Vitamin B12 (as cyanocobalamin)	6 mcg	250%

Amount per Serving		% DV†
Biotin	30 mcg	100%
Pantothenic Acid (as D-calcium pantothenate)	5 mg	100%
Iodine (as potassium iodide)	150 mcg	100%
Zinc (as zinc citrate)	3.6 mg	33%
Selenium (as sodium selenite)	86.3 mcg	157%
Sodium	15 mg	1%
Orchard Fruits™ & Garden Veggies™ Powder Blend:	100 mg	**
Orange, Blueberry, Carrot, Plum, Pomegranate, Strawberry, Pear, Apple, Beet, Raspberry, Pineapple, Pumpkin, Cherry, Cauliflower, Grape, Banana, Cabbage, Tomato, Acai, Asparagus, Brussels Sprout, Cranberry, Cucumber, Pea, Broccoli, Spinach		
Lycopene	500 mcg	**
Inositol	40 mcg	**

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

Other ingredients: glucose syrup, sucrose, purified water, pectin, citric acid, natural flavors, sodium citrate, vegetable and fruit juice color, coconut oil, carnauba wax