

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 ( <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 Kawaratake ( <i>Trametes versicolor</i> ), Organic Mesima, Organic Zhu Ling	20 mg **
Digestive Enzyme Blend: Betaine HCl, Bromelain, Papain	7 mg **
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.

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

**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.

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 Green Bay, WI 54311 USA  
 Bottled and tested in the USA

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



## MEN'S

# 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

Explore more products at [NATURESWAY.COM](http://NATURESWAY.COM)

Once Daily



# 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. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

**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	% 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%
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, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Açai, Asparagus, Banana,	60 mg **