

1 Serving of Veggies and Fruits per 2-Tablet Serving^{††}

Made with organic kale, açai, and raspberry



Balanced for men to support multiple body systems*



With 100% or more Daily Value of 19 vitamins and minerals per 2-tablet serving; also with lycopene and lutein

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^{††}1.4 g vegetable and fruit blend per serving. Each 2-tablet serving provides the equivalence of 1 cup of leafy greens (volume before drying). ChooseMyPlate.gov recommends 2 cups of fruit and 3 cups of veggies per day for a 2,000 calorie diet.



BOTTLE MADE FROM 50% POST-CONSUMER RECYCLED PLASTIC

◆ LH12112.C01 BLK9114C

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Green Bay, WI 54311 USA
Certified Organic by Quality Assurance Int'l
Bottled and tested in the USA

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



*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 GARDEN GOODNESS™ COMPLETE MULTIVITAMIN

Supports Energy Metabolism & Muscle Function*

WITH 1 SERVING OF VEGGIES & FRUITS PER 2-TABLET SERVING^{††}

Made with organic kale, açai & raspberry

60 TABLETS - MULTIVITAMIN SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets / Servings per Container 30

Amount per Serving		% DV [†]
Calories	10	
Total Carbohydrate	2 g	1% [†]
Total Sugars	<1 g	**
Includes <1 g Added Sugars		2% [†]
Vitamin A (as 70% retinyl acetate, 30% beta-carotene)	900 mcg	100%
Vitamin C (ascorbic acid)	90 mg	100%
Vitamin D3 (as cholecalciferol)	20 mcg	100%
Vitamin E (as d-alpha tocopheryl acetate)	22.5 mg	150%
Vitamin K (as phytonadione)	120 mcg	100%
Thiamin (as thiamin mononitrate)	2.4 mg	200%
Riboflavin	2.6 mg	200%
Niacin (as niacinamide)	24 mg	150%
Vitamin B6 (as pyridoxine HCl)	3.4 mg	200%
Folate	400 mcg DFE (239.8 mcg Folic Acid)	100%
Vitamin B12 (as cyanocobalamin)	7.2 mcg	300%
Biotin	30 mcg	100%
Pantothenic Acid (as D-calcium pantothenate)	7.5 mg	150%
Iodine (as potassium iodide)	150 mcg	100%
Zinc (as zinc oxide)	13.7 mg	125%
Selenium (as sodium selenate)	96.2 mcg	175%
Copper (as copper sulfate)	0.9 mg	100%
Manganese (as manganese sulfate)	2.3 mg	100%

Amount per Serving		% DV [†]
Molybdenum (as sodium molybdate)	45 mcg	100%
Veggie & Fruit Powder Blend: Organic Kale, Organic Açai, Organic Raspberry, Organic Apple, Organic Mango, Organic Blueberry, Organic Carrot, Organic Cranberry, Organic Strawberry, Organic Elderberry, Organic Sweet Cherry	1.4 g	**
Lycopene (from Tomato [fruit] Extract)	600 mcg	**
Lutein (from Aztec Marigold [flower] Extract)	100 mcg	**

[†]Percent Daily Values (DV) are based on a 2,000 calorie diet.

^{**}Daily Value not established.

Other ingredients: organic glucose syrup, organic carnauba wax, organic maltodextrin, gelatin, organic sunflower lecithin, organic sunflower oil, organic guar gum

Recommendation: Men take 2 tablets daily, preferably with food. Not formulated for women or children. Do not exceed recommended dose.

Warning: Do not take if you are pregnant or nursing. If you have a blood clotting issue, or if you are taking any medications, consult a healthcare professional before use.

GLUTEN FREE. No wheat, dairy, or artificial colors or flavors.

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.