

Other ingredients: cellulose, stearic acid, sodium croscarmellose, silica, magnesium stearate, hypromellose, glycerin, gelatin, 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 18 years of age. 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

◆ LH15691.F02 BLK8652F

©2025 Nature's Way Brands, LLC

Green Bay, WI 54311 USA

Bottled and tested in the USA

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

Once Daily



# Alive!

**MEN'S 50+**

**Ultra  
Multivitamin**

**Promotes Healthy  
Brain, Eyes & Heart\***

High Potency Complete  
Multivitamin for Men 50+

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

**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,..... 1,350 mcg..... 150% 50% [675 mcg] retinyl acetate)	
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)	40 mcg.....33%
Thiamin (as thiamin mononitrate)	10 mg .....833%
Riboflavin	10 mg .....769%
Niacin (as niacinamide)	35 mg .....219%
Vitamin B6 (as pyridoxine HCl)	20 mg .....1,176%
Folate	400 mcg DFE ..100% (240 mcg Folic Acid)
Vitamin B12 (as methylcobalamin)	90 mcg.....3,750%
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: ..... 60 mg .....\*\*

Amount per Serving	% DV †
Beet, Apple, Pomegranate, Carrot, Orange, Asparagus, Brussels Sprout, Cabbage, Cucumber, Pea, Pear, Pumpkin, Tomato, Blueberry, Banana, Cranberry, Pineapple, Strawberry, Raspberry, Açai, Plum, Cauliflower, Cherry, Grape, Broccoli, Spinach	
Mind & Body Energy Blend: Eleuthero (root),	30 mg ..... **
Asian Ginseng (root) Extract, <i>Ginkgo biloba</i> (leaf) Extract, Gotu Kola (aerial parts)	
Cardio Blend: Hawthorn (berry), Japanese Knotweed	20 mg ..... **
(root) Extract, Garlic (bulb)	
Citrus Bioflavonoid Complex (from orange, grapefruit, .....	20 mg ..... **
lemon, lime, tangerine)	
Daily Greens™ Blend: Spirulina, Kelp, Barley (grass), .....	20 mg ..... **
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)	
Inositol	20 mg ..... **
Mushroom Mycelial & Primordia Biomass	20 mg ..... **
Defense Blend: Organic Reishi, Organic Shiitake, Organic Oyster Mushroom, Organic Enokitake, Organic Lion's Mane, Organic Maitake, Organic Agarikon, Organic Almond Mushroom, Organic Chaga, Organic Mesima, Organic Turkey Tail, Organic Zhu Ling	
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)	1 mg ..... **

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

\*\*Daily Value not established.