

With 22 vitamins and minerals



200% or more Daily Value of 12 vitamins and minerals, including active form methyl B12, per serving



Vitamins and minerals to fill nutrient gaps



7 plant-based blends including Daily Greens™, Mind & Body Energy, and Cardio blends



60 mg Orchard Fruits™ & Garden Veggies™ powder blend per serving

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.

LH13940.F02 BLK8652F



BOTTLE MADE FROM 50% POST-CONSUMER RECYCLED PLASTIC

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

Once Daily

Alive!

MEN'S 50+

Ultra Multivitamin

Promotes Healthy Brain, Eyes & Heart*

High Potency Complete Multivitamin for Men 50+

150 TABLETS - MULTIVITAMIN SUPPLEMENT

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.

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 50% [675 mcg] retinyl acetate)	203 mg	150%
Vitamin C (ascorbic acid)	50 mcg	226%
Vitamin D3 (as cholecalciferol)	15 mcg	250%
Vitamin E (as d-alpha tocopheryl succinate)	40 mcg	100%
Vitamin K (as phytonadione)	10 mg	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 (240 mcg Folic Acid)	100%
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%

Amount per Serving	% DV†
Men's Blend: Saw Palmetto (berry), Tomato	101 mg **
Orchard Fruits™ & Garden Veggies™ Powder Blend: Beet, Apple, Pomegranate, Carrot, Orange, Asparagus, Brussels Sprout, Cabbage, Cucumber, Pea, Pear, Pumpkin, Tomato, Blueberry, Banana, Cranberry, Pineapple, Strawberry, Raspberry, Acai, Plum, Cauliflower, Cherry, Grape, Broccoli, Spinach	30 mg **
Mind & Body Energy Blend: Eleuthero (root), Asian Ginseng (root) Extract, Ginkgo biloba (leaf) Extract, Gotu Kola (aerial parts)	20 mg **
Cardio Blend: Hawthorn (berry), Japanese Knotweed (root) Extract, Garlic (bulb)	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	20 mg **
Apritancomenon (flos-aquae), Chlorella, Chlorella (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemon-grass (Cymbopogon citratus) (aerial parts), Nettie (Urtica spp.) (leaf), Plantain (leaf), Wheat (grass)	20 mg **
Inositol	20 mg **
Mushroom Mycelial & Primordia Biomass 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	20 mg **
Digestive Enzyme Blend: Betaine HCl, Bromelain, Papain	7 mg **
Rutin (from Sophora japonica [flower bud] Extract)	5 mg **
Lutein (from Aztec Mangold [flower] Extract)	1 mg **

†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, glycerin, gelatin, brown rice

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Bottled and tested in the USA

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