

Amount Per Serving	% DV
Garden Veggies™ Juice Powder Blend 30 mg **	
Parsley; Kale; Spinach; Wheat Grass; Brussels Sprout; Asparagus; Broccoli; Cauliflower; Beet; Carrot; Cabbage; Garlic	
Mind & Body Energy Blend 30 mg **	
Ginkgo biloba Extract (leaf); Siberian Eleuthero (root); Rhodiola Rosea Extract (root) standardized to 3% rosavins and 1% salidroside; Korean Ginseng (root); Gotu Kola (stem, leaf)	
Cardiovascular Blend 20 mg **	
Hawthorn (berry); Japanese Knotweed standardized to 50% resveratrol; Coenzyme Q10 (ubiquinone)	
Green Food/Spirulina Blend 20 mg **	
Spirulina (microalgae); Kelp/Bladderwrack (whole thallus); Alfalfa (leaf, stem); Barley Grass (grass); Dandelion (leaf); Wheat Grass (grass); Melissa (leaf); Lemon Grass (grass); Nettle (leaf); Blessed Thistle (stem, leaf, flower); Chlorella (broken-cell microalgae); Plantain (leaf); Blue Green Algae (microalgae); Cilantro (leaf)	
Organic Mushroom Defense Blend 20 mg **	
Cordyceps; Reishi; Shiitake; Hiratake; Maitake; Yamabushitake; Himematsutake; Kawaratake; Chaga; Zhu Ling; Agarikon; Mesima	
Digestive Enzyme Blend 20 mg **	
Concentrated enzyme formula (Protease I, Protease II, Amylase, Peptidase, Lactase, Cellulase, Alpha Galactosidase, Invertase, Lipase); Betaine HCl; Bromelain (from pineapple); Papain (from papaya)	
Citrus Bioflavonoid Complex 20 mg **	
(from lemon, orange, grapefruit, lime, tangerine) providing: Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones	
Choline (as choline bitartrate) 20 mg **	
Inositol 20 mg **	
Oat Beta Glucan Concentrate 10 mg **	
Rutin 5 mg **	
Lutein (from marigold) 1 mg **	
Boron (as amino acid chelate) 1 mg **	

**Daily Value (DV) not established.

Other ingredients: Cellulose, Vegetable stearic acid, Vegetable modified cellulose gum, Silica, Vegetable modified cellulose, Vegetable magnesium stearate, Vegetable glycerin

Contains no salt, sugar, yeast, wheat grain, dairy products, artificial flavoring, colors or preservatives.

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THE MOST COMPLETE ONCE DAILY MULTI-VITAMIN FOR MEN 50+

Alive! Ultra Potency is nutrition you can feel with more energizing nutrients from more natural sources than other multi-vitamin brands.

- High potency B-vitamins for energy*
- 1,000 IU of vitamin D3
- Plant-based Aquamin® calcium
- Potent citrus bioflavonoids
- Prostate, Cardiovascular and Mind & Body Energy support blends*



WHOLE BODY NOURISHMENT with essential nutrients that help support:

PROSTATE HEALTH* Saw Palmetto, Lycopene, Selenium, Zinc MIND & BODY ENERGY* Ginkgo biloba, Ginseng, Rhodiola, Eleuthero	
BONE HEALTH* Boron, Calcium, Folic Acid, Magnesium, Manganese, Vitamins D & K	COLON HEALTH* Calcium, Folic Acid, Selenium, Vitamin D
DAILY ENERGY* Magnesium, Niacin, Pantothenic Acid, Riboflavin, Thiamin, Vitamin B6	EYE HEALTH* Vitamin A (Beta Carotene), Vitamins C & E, Zinc, Lutein
HEART HEALTH* Folic Acid, Vitamin B6, Vitamin B12, Vitamin C, Vitamins E	IMMUNE DEFENSE* Antioxidants, Selenium, Vitamins A & C, Zinc, Vitamin D

*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!

Once Daily

Men's 50+ ULTRA POTENCY

MULTI-VITAMIN & WHOLE FOOD ENERGIZER™

26 Fruits & Vegetables • Green Foods • Mushrooms
Enzymes • Antioxidants • Lutein • Resveratrol

DIETARY SUPPLEMENT • 30 TABLETS

Recommendation: Take 1 tablet daily, preferably with food. As with any supplement, if you are taking medication, consult your doctor before use. Not formulated for women or children. Do not exceed recommended use.

Supplement Facts

Serving Size 1 Tablet / Servings Per Container 30

Amount Per Serving	% DV
Vitamin A (50% [3,750 IU] as Vitamin A acetate and 50% [3,750 IU] as beta carotene)	150%
Vitamin C (ascorbic acid)	292%
Vitamin D (as cholecalciferol)	250%
Vitamin E (as d-alpha tocopheryl succinate)	400%
Vitamin K (as phytonadione)	100%
Thiamin (as thiamin mononitrate)	1,667%
Riboflavin (Vitamin B2)	1,471%
Niacin (as niacinamide)	250%
Vitamin B6 (as pyridoxine HCl)	2,000%
Folic Acid	200%
Vitamin B12 (as cyanocobalamin)	3,750%
Biotin	108%
Pantothenic Acid (as d-calcium pantothenate)	400%
Calcium (from Aquamin® calcified mineral source Red Algae <i>Lithothamnion</i> sp. [whole plant])	10%
Iodine (as potassium iodide)	100%
Magnesium (from Aquamin® calcified mineral source Red Algae <i>Lithothamnion</i> sp. [whole plant], as oxide)	13%
Zinc (as zinc oxide)	200%
Selenium (as sodium selenate)	357%
Copper (as copper sulfate)	200%
Manganese (as manganese sulfate)	250%
Chromium (as chromium picolinate)	208%
Molybdenum (as sodium molybdate)	100%
Potassium (as potassium chloride)	<1%
Prostate Blend with Lycopene Saw Palmetto (berry); Tomato Extract (fruit) providing 1 mg (1,000 mcg) of lycopene	**
Orchard Fruits™ Blend Pomegranate (seed); Acai Extract (whole palm fruit); Juice Powders: Grape; Plum; Cranberry; Blueberry; Strawberry; Blackberry; Bilberry; Cherry; Apricot; Papaya; Orange; Pineapple	**

SATISFACTION GUARANTEED. Sarety sealed for your protection with printed outer shrinkwrap and printed inner freshness seal under bottle cap. Do not use if either seal is broken or missing. Store at room temperature. Keep bottle tightly closed. Keep out of reach of children.



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