

Recommendation: Take 1 tablet daily, preferably with food. Not formulated for women or children. If you have high blood pressure, have a kidney disorder, taking medications for diabetes or any other medications, consult a healthcare professional before use. Contains the amino acid phenylalanine. Do not exceed recommended use.

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Green Bay, WI 54311 USA
Questions? 1-800-9NATURE / natureway.com
Aquamin® is a registered trademark of Marigot Limited.

GLUTEN FREE: No sugar, salt, yeast, wheat, soy, artificial colors, flavors or preservatives.

Keep out of reach of children. Safety sealed with printed outer shrinkwrap and inner seal. Do not use if either seal is broken or missing. Store at room temperature. Keep bottle tightly closed.

◆ LN15685.A01 BLK8650A

Nature's Way
Alive!
Once Daily
Men's
ULTRA POTENCY
Orchard Fruits™ / Garden Veggies™
& Daily Greens™ powder (80 mg)
60 TABLETS • Multi-Vitamin Supplement

Amount Per Serving	% DV
Ascorbic Acid (Vitamin C) (from orange, grapefruit, lemon, lime, tangerine)	100%
Calcium (as D-calcium pantothenate)	100%
Choline (as choline bitartrate)	20 mg
Copper (as copper sulfate)	100%
Dietary Fiber (as cellulose)	100%
Flavonoids and Polyphenols	100%
Folic Acid (as folic acid)	100%
Iron (as ferrous fumarate)	100%
Magnesium (as magnesium oxide)	100%
Manganese (as manganese sulfate)	100%
Molybdenum (as molybdenum disulfide)	100%
Potassium (as potassium chloride)	100%
Selenium (as selenium selenate)	100%
Silica (as silica)	100%
Sodium (as sodium chloride)	100%
Sulfur (as sulfur)	100%
Tin (as tin)	100%
Vitamin A (as retinol palmitate)	100%
Vitamin B1 (as thiamine mononitrate)	100%
Vitamin B2 (as riboflavin)	100%
Vitamin B3 (as niacinamide)	100%
Vitamin B5 (as pantoic acid)	100%
Vitamin B6 (as pyridoxine HCl)	100%
Vitamin B12 (as cyanocobalamin)	100%
Vitamin E (as d-alpha tocopheryl succinate)	100%
Vitamin K (as phytylmethylsuccinate)	100%
Zinc (as zinc oxide)	100%

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving

Vitamin A (50% (3,750 IU) as Vitamin A acetate and 50% (3,750 IU) as beta carotene) 7,500 IU 150%

Vitamin B1 (as thiamine mononitrate) 120 mg 400%

Vitamin B2 (as riboflavin) 25 mg 1,471%

Vitamin B3 (as niacinamide) 50 mg 250%

Vitamin B5 (as pantoic acid) 40 mg 100%

Vitamin B6 (as pyridoxine HCl) 40 mg 100%

Vitamin B12 (as cyanocobalamin) 100 mcg 1,667%

Biotin 325 mcg 108%

Calcium (as D-calcium pantothenate) 40 mg 40%

Calcium (from Aquamin®) 100 mg 100%

Choline (as choline bitartrate) 20 mg 20%

Copper (as copper sulfate) 4 mg 100%

Dietary Fiber (as cellulose) 100 mg 100%

Flavonoids and Polyphenols 100 mg 100%

Folic Acid (as folic acid) 400 mcg 100%

Iron (as ferrous fumarate) 325 mg 100%

Magnesium (as magnesium oxide) 50 mg 13%

Manganese (as manganese sulfate) 5 mg 250%

Molybdenum (as molybdenum disulfide) 75 mcg 100%

Potassium (as potassium chloride) 5 mg <1%

Selenium (as selenium selenate) 250 mcg 357%

Silica (as silica) 100 mg 100%

Sodium (as sodium chloride) 100 mg 100%

Sulfur (as sulfur) 100 mg 100%

Tin (as tin) 100 mg 100%

Vitamin A (50% (3,750 IU) as Vitamin A acetate and 50% (3,750 IU) as beta carotene) 7,500 IU 150%

Vitamin B1 (as thiamine mononitrate) 120 mg 400%

Vitamin B2 (as riboflavin) 25 mg 1,471%

Vitamin B3 (as niacinamide) 50 mg 250%

Vitamin B5 (as pantoic acid) 40 mg 100%

Vitamin B6 (as pyridoxine HCl) 40 mg 100%

Vitamin B12 (as cyanocobalamin) 100 mcg 1,667%

Biotin 325 mcg 108%

Calcium (as D-calcium pantothenate) 40 mg 40%

Calcium (from Aquamin®) 100 mg 100%

Choline (as choline bitartrate) 20 mg 20%

Copper (as copper sulfate) 4 mg 100%

Dietary Fiber (as cellulose) 100 mg 100%

Flavonoids and Polyphenols 100 mg 100%

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Molybdenum (as molybdenum disulfide) 75 mcg 100%

Potassium (as potassium chloride) 5 mg <1%

Selenium (as selenium selenate) 250 mcg 357%

Silica (as silica) 100 mg 100%

Sodium (as sodium chloride) 100 mg 100%

Sulfur (as sulfur) 100 mg 100%

Tin (as tin) 100 mg 100%

Amount Per Serving	% DV
Ascorbic Acid (Vitamin C) (from orange, grapefruit, lemon, lime, tangerine)	100%
Calcium (as D-calcium pantothenate)	100%
Choline (as choline bitartrate)	20 mg
Copper (as copper sulfate)	100%
Dietary Fiber (as cellulose)	100%
Flavonoids and Polyphenols	100%
Folic Acid (as folic acid)	100%
Iron (as ferrous fumarate)	100%
Magnesium (as magnesium oxide)	100%
Manganese (as manganese sulfate)	100%
Molybdenum (as molybdenum disulfide)	100%
Potassium (as potassium chloride)	100%
Selenium (as selenium selenate)	100%
Silica (as silica)	100%
Sodium (as sodium chloride)	100%
Sulfur (as sulfur)	100%
Tin (as tin)	100%
Vitamin A (as retinol palmitate)	100%
Vitamin B1 (as thiamine mononitrate)	100%
Vitamin B2 (as riboflavin)	100%
Vitamin B3 (as niacinamide)	100%
Vitamin B5 (as pantoic acid)	100%
Vitamin B6 (as pyridoxine HCl)	100%
Vitamin B12 (as cyanocobalamin)	100%
Vitamin E (as d-alpha tocopheryl succinate)	100%
Vitamin K (as phytylmethylsuccinate)	100%
Zinc (as zinc oxide)	100%

Other ingredients: cellulose, vegetable stearic acid, vegetable modified cellulose, gum, vegetable magnesium stearate, silica, vegetable modified cellulose, vegetable glycerin

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ULTRA Potency 1x Daily
Complete, nutrient diverse Alive!® multi with food-based blends:

- Orchard Fruits™/Garden Veggies™ blend
- Men's blend • Energy & Endurance blend
- Cardio blend • Citrus Bioflavonoid complex
- Daily Greens™ blend providing amino acids
- Digestive Enzyme blend
- Mushroom Mycelium Defense blend

ULTRA B-Vitamins
to help convert food into energy*

Balanced for MEN
to support multiple body systems:

Bones* Cells* Digestion* Eyes* Heart* Immunity* Metabolism* Muscles*

Nature's Way
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Once Daily
Men's
ULTRA POTENCY
Orchard Fruits™ / Garden Veggies™
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Enzymes, Bioflavonoids
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Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% DV
Vitamin A (50% (3,750 IU) as Vitamin A acetate and 50% (3,750 IU) as beta carotene)	7,500 IU	150%
Vitamin C (ascorbic acid)	175 mg	282%
Vitamin D3 (as cholecalciferol)	1,000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	120 IU	400%
Vitamin K1 (as phytylthiuronide)	80 mcg	100%
Thiamin (as thiamin mononitrate)	25 mg	1,667%
Riboflavin (Vitamin B2)	25 mg	1,471%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine HCl)	40 mg	2,000%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	100 mcg	1,667%
Biotin	325 mcg	108%
Pantothenic Acid (as D-calcium pantothenate)	40 mg	400%
Calcium (from Aquamin® calcified mineral source Red Algae Lithothamnion sp. [whole plant])	100 mg	10%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide) and from Aquamin® calcified mineral source Red Algae Lithothamnion sp. [whole plant])	50 mg	13%
Zinc (as zinc oxide)	30 mg	200%
Selenium (as sodium selenate)	250 mcg	357%
Copper (as copper sulfate)	4 mg	200%
Manganese (as manganese sulfate)	5 mg	250%
Molybdenum (as sodium molybdate)	75 mcg	100%
Potassium (as potassium chloride)	5 mg	<1%
Mer's Blend: Saw Palmetto (berry), Tomato Extract (fruit) providing 1 mg of lycopene	101 mg	**
Orchard Fruits / Garden Veggies® Blend	60 mg	**
Blueberry, Orange, Cantal, Pomegranate, Plum, Strawberry, Apple, Beet, Tart Cherry, Pear, Tomato, Cauliflower, Raspberry,		

Men's Blend: Saw Palmetto (berry), Tomato Extract (fruit) providing 1 mg of lycopene

Orchard Fruits™ / Garden Veggies™ Blend: Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Tart Cherry, Pear, Tomato, Cauliflower, Raspberry