

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

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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Questions? 1-800-9NATURE / naturereway.com
 Aquamin® is a registered trademark of Margot Limited.

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

LN15891.A01 BLK8650A

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.

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

Amount Per Serving	% DV
Energy & Endurance Blend	30 mg
Men's Blend	100 mg
Orchard Fruits™ / Garden Veggies™	80 mg
Daily Greens™	80 mg
Digestive Enzyme Blend	20 mg
Mycelium Defense Blend	20 mg
Other Ingredients	500 mg

Amount Per Serving	% DV
Vitamin A (50% (3,750 IU))	150%
Vitamin B1 (as thiamine mononitrate)	25 mg
Vitamin B2 (as riboflavin)	25 mg
Vitamin B3 (as niacinamide)	25 mg
Vitamin B6 (as pyridoxine HCl)	40 mg
Vitamin C (as ascorbic acid)	175 mg
Vitamin D3 (as cholecalciferol)	1,000 IU
Vitamin E (as alpha-tocopherol succinate)	120 IU
Thiamin (as thiamine mononitrate)	25 mg
Riboflavin (Vitamin B2)	25 mg
Niacin (as niacinamide)	25 mg
Vitamin B6 (as pyridoxine HCl)	40 mg
Folic Acid	400 mcg
Vitamin B12 (as cyanocobalamin)	100 mcg
Biotin	325 mcg
Parthenolic Acid (as D-calcium parthenolite)	40 mg
Calcium (from Aquamin® calcium mineral source)	100 mg
Red Age® Lithothamnion sp. (whole particle)	100 mg
Iodine (as potassium iodide)	150 mcg
Magnesium (as magnesium oxide and from Aquamin® calcium mineral source)	50 mg
Zinc (as zinc oxide)	30 mg
Selenium (as sodium selenate)	250 mcg
Copper (as copper sulfate)	4 mg
Manganese (as manganese sulfate)	5 mg
Molybdenum (as sodium molybdate)	75 mcg
Potassium (as potassium chloride)	5 mg



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Energy & Endurance Blend	30 mg
Men's Blend	100 mg
Orchard Fruits™ / Garden Veggies™	80 mg
Daily Greens™	80 mg
Digestive Enzyme Blend	20 mg
Mycelium Defense Blend	20 mg
Other Ingredients	500 mg

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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*

*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Premium Formula

Nature's Way

Alive!
Once Daily
Men's
ULTRA POTENCY

MULTI-VITAMIN Energizer™ with Food Based blends

Orchard Fruits™ / Garden Veggies™ & Daily Greens™ powder (80 mg), Enzymes, Bioflavonoids

30 TABLETS • Multi-Vitamin Supplement

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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 292%
Vitamin D3 (as cholecalciferol)	1,000 IU 250%
Vitamin E (as alpha-tocopherol succinate)	120 IU 400%
Vitamin K1 (as phytylphosphoryl succinate)	80 mcg 100%
Thiamin (as thiamine 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%
Parthenolic Acid (as D-calcium parthenolite)	40 mg 400%
Calcium (from Aquamin® calcium mineral source)	100 mg 10%
Red Age® Lithothamnion sp. (whole particle)	100 mg 10%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide and from Aquamin® calcium mineral source)	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%

Men's Blend: Saw Palmetto Berry, Tomato Extract (total providing 1 mg of lycopenes)

Orchard Fruits™ / Garden Veggies™ Blend: Blueberry, Orange, Currant, Pomegranate, Strawberry, Apple, Red Cherry, Pear, Tomato, Cauliflower, Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprouts, Cabbage, Cranberry, Cucumber, Grape, Pear, Pineapple, Pumpkin, Spinach