

Recommendation: Adults chew 3 gummies daily. Not formulated for women. If taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 3 Gummies
Servings Per Container 25

Amount Per 3 Gummies	% DV
Calories	25
Total Carbohydrate	6 g 2%†
Sugars	5 g **
Vitamin A (as retinyl palmitate)	5,000 IU 100%
Vitamin C (ascorbic acid)	90 mg 150%
Vitamin D3 (as cholecalciferol)	600 IU 150%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU 100%
Thiamin (B1) (as thiamin HCl)	750 mcg 50%
Riboflavin (B2)	850 mcg 50%
Niacin (B3) (as niacinamide)	10 mg 50%
Vitamin B6 (as pyridoxine HCl)	5 mg 250%
Folic Acid (B9)	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	15 mcg 250%
Biotin (B7)	300 mcg 100%

Amount Per 3 Gummies	% DV
Pantothenic Acid (B5) (as calcium d-pantothenate)	10 mg 100%
Iodine (as potassium iodide)	150 mcg 100%
Zinc (as zinc citrate)	7.5 mg 50%
Selenium (as sodium selenate)	110 mcg 157%
Sodium	15 mg <1%
Orchard Fruits™ & Garden Veggies™ Powder Blend:	150 mg **
Orange, Blueberry, Carrot, Plum, Pomegranate, Strawberry, Pear, Apple, Beet, Raspberry, Pineapple, Pumpkin, Cherry, Cauliflower, Grape, Banana, Cranberry, Acai, Asparagus, Broccoli, Brussels Sprout, Cabbage, Cucumber, Pea, Spinach, Tomato	
Lycopene (from tomato extract)	500 mcg **
Choline (as choline bitartrate)	60 mcg **
Inositol	40 mcg **

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: organic tapioca syrup, cane sugar, pectin, natural flavors, sodium citrate, colors (grape juice concentrate, elderberry, beta carotene), citric acid, fractionated coconut oil (non-hydrogenated), beeswax

- **PREMIUM** formula with Orchard Fruits™ and Garden Veggies™ Powder Blend
- **15 vitamins/minerals with choline and inositol**
- **Full B-vitamin complex**
- **Made with pectin, no gelatin**
- **Delicious fruit flavors**

GLUTEN FREE. No gelatin, soy, dairy, yeast, wheat, peanuts, eggs, artificial flavors or preservatives.

Do not use if safety seal under child resistant bottle cap is broken or missing. Store at room temperature. Keep bottle tightly closed. Avoid excessive heat and direct sunlight. **Keep out of reach of children.**

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Questions? 1-800-9NATURE / naturesway.com

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

LN15895.B02 BLK8792B



Helps support:



Converting food
into Energy*



Heart*



Eyes*



Immunity*



Muscles*

**PREMIUM
FORMULA**



Gluten Free • No Gelatin

Alive!

Men's GUMMY VITAMINS

Orchard Fruits™ / Garden Veggies™
powder blend (150 mg)

COMPLETE MULTI-VITAMIN SUPPLEMENT **75** GUMMIES