



Complete Multi-Vitamin

• Orchard Fruits™ / Garden Veggies™

100 mg fruit/vegetable powder, extract and dried juice

• High Potency B-Vitamins to help convert food into **Energy***

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

Alive!

MEN'S ENERGY MULTI-VITAMIN • MULTI-MINERAL

DIETARY SUPPLEMENT

ONCE DAILY
50 TABLETS

SUPERIOR POTENCY

**100%+ Daily Value of
20 Vitamins & Minerals**

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 use in children. Do not exceed recommended use.

Supplement Facts

Serving Size 1 Tablet / Servings Per Container 50

Amount Per Serving	% Daily Value	
Vitamin A (1,500 IU [30%] as beta carotene)	5,000 IU	100%
Vitamin C	90 mg	150%
Vitamin D	800 IU	200%
Vitamin E	45 IU	150%
Vitamin K	80 mcg	100%
Thiamin (Vitamin B1)	3 mg	200%
Riboflavin (Vitamin B2)	3.4 mg	200%
Niacin (Vitamin B3)	30 mg	150%
Vitamin B6	4 mg	200%
Folic Acid (Vitamin B9)	400 mcg	100%
Vitamin B12	18 mcg	300%
Biotin (Vitamin B7)	300 mcg	100%
Pantothenic Acid (Vitamin B5)	15 mg	150%
Calcium	200 mg	20%
Iodine	150 mcg	100%

Amount Per Serving	% Daily Value	
Magnesium	100 mg	25%
Zinc	22.5 mg	150%
Selenium	122.5 mcg	175%
Copper	2 mg	100%
Manganese	2 mg	100%
Chromium	120 mcg	100%
Molybdenum	75 mcg	100%
Orchard Fruits™ Blend	50 mg	**
Pomegranate; Açai; Plum; Cranberry; Blueberry; Strawberry; Blackberry; Bilberry; Cherry; Apricot; Papaya; Orange; Grape; Pineapple		
Garden Veggies™ Blend	50 mg	**
Parsley; Kale; Spinach; Wheat Grass; Brussels Sprout; Asparagus; Broccoli; Cauliflower; Beet; Carrot; Cabbage; Garlic		
Lycopene	600 mcg	**
Boron	150 mcg	**
Lutein	100 mcg	**

**Daily Value not established.

INGREDIENTS: Calcium Carbonate, Magnesium Oxide, Cellulose, Ascorbic Acid (Vitamin C), di-Alpha Tocopheryl Acetate (Vitamin E), Orchard Fruits™ Blend (Pomegranate [seed], Açai Extract [whole palm fruit], Fruit Powders: Plum, Cranberry, Blueberry, Strawberry, Blackberry, Bilberry, Cherry, Apricot, Papaya, Orange, Grape Juice, Pineapple), Garden Veggies™ Vegetable Powder Blend (Parsley, Kale, Spinach, Wheat Grass, Brussels Sprout, Asparagus, Broccoli, Cauliflower, Beet, Carrot, Cabbage, Garlic), Silica, Modified Cellulose Gum, Modified Cellulose, Niacinamide (Vitamin B3), Zinc Oxide, Stearic Acid, d-Calcium Pantothenate (Vitamin B5), Magnesium Stearate, Sodium Selenate, Hypromellose, Phytonadione (Vitamin K), Polydextrose, Vitamin A Acetate, Sodium Molybdate, Biotin (Vitamin B7), Manganese Sulfate, Lycopene, Copper Sulfate, Titanium Dioxide Color, Pyridoxine HCl (Vitamin B6), Beta Carotene (Vitamin A), Folic Acid (Vitamin B9), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2/Color), Boron Amino Acid Chelate, Talc, Cholecalciferol (Vitamin D3), Cyanocobalamin (Vitamin B12), Medium Chain Triglycerides, Chromium Picolinate, Potassium Iodide, Marigold Extract (flower) Lutein Source).

CAFFEINE-FREE • NO STIMULANTS