

Other ingredients: cellulose, stearic acid, sodium croscarmellose, silica, magnesium stearate, hypromellose, gelatin, glycerin, brown rice

Recommendation: Men take 1 tablet daily, preferably with food. Not formulated for women or children. Do not exceed recommended dose.

Warning: Do not take if you are pregnant, nursing, or under the age of 18. If you have a blood clotting issue, or if you are taking any medications, consult a healthcare professional before use.

FREE FROM gluten and artificial colors.

Keep out of reach of children.

Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.



BOTTLE MADE FROM
50% POST-CONSUMER
RECYCLED PLASTIC

◆ LH15691.D03 BLK8652D

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Green Bay, WI 54311 USA
Bottled and tested in the USA

Questions? 1-800-962-8873 / 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.

Once Daily



Alive!

MEN'S 50+

**Ultra
Multivitamin**

**Promotes Healthy
Brain, Eyes & Heart***

High Potency Complete
Multivitamin for Men 50+

60 TABLETS - MULTIVITAMIN SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV †
Total Carbohydrate	<1 g <1% †
Vitamin A (as 50% [675 mcg] beta-carotene, 50% [675 mcg] retinyl acetate)	1,350 mcg 150%
Vitamin C (ascorbic acid)	203 mg 226%
Vitamin D3 (as cholecalciferol)	50 mcg 250%
Vitamin E (as d-alpha tocopheryl succinate)	15 mg 100%
Vitamin K (as phytonadione)	120 mcg 100%
Thiamin (as thiamin mononitrate)	20 mg 1,667%
Riboflavin	20 mg 1,538%
Niacin (as niacinamide)	40 mg 250%
Vitamin B6 (as pyridoxine HCl)	20 mg 1,176%
Folate (240 mcg Folic Acid)	400 mcg DFE 100%
Vitamin B12 (as methylcobalamin)	90 mcg 3,750%
Biotin	33 mcg 110%
Pantothenic Acid (as D-calcium pantothenate)	20 mg 400%
Choline (as choline bitartrate)	20 mg 4%
Calcium (as calcium carbonate, dicalcium phosphate)	130 mg 10%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide)	55 mg 13%
Zinc (as zinc oxide)	22 mg 200%
Selenium (as sodium selenate)	200 mcg 364%
Copper (as copper sulfate)	1.8 mg 200%
Manganese (as manganese sulfate)	5.8 mg 252%
Molybdenum (as sodium molybdate)	45 mcg 100%

Men's Blend: Saw Palmetto (berry), Tomato 101 mg **
Orchard Fruits™ & Garden Veggies™ Powder Blend: 60 mg **

Amount per Serving	% DV †
Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Açai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	
Mind & Body Energy Blend: Asian Ginseng (root) Extract, Eleuthero (root), Ginkgo biloba (leaf) Extract, Gotu Kola (aerial parts), Rhodiola (root) Extract	30 mg **
Cardio Blend: Hawthorn (berry), Japanese Knotweed (root) Extract, Coenzyme Q10 (ubiquinone-10)	20 mg **
Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine)	20 mg **
Daily Greens™ Blend: Spirulina, Kelp, Barley (grass), Blessed Thistle (stem, leaf, flower), Blue-Green Algae (Aphanizomenon flos-aquae), Chlorella, Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass (Cymbopogon citratus) (aerial parts), Nettle (Urtica spp.) (leaf), Plantain (leaf), Wheat (grass)	20 mg **
Inositol	20 mg **
Mushroom Mycelial & Primordia Biomass	20 mg **
Defense Blend: Organic Reishi, Organic Shiitake, Organic Hiratake, Organic Enokitake, Organic Maitake, Organic Yamabushitake, Organic Agarikon, Organic Chaga, Organic Himematsutake, Organic Kawaratake (Trametes versicolor), Organic Mesima, Organic Zhu Ling	
Digestive Enzyme Blend: Betaine HCl, Bromelain, Papain	7 mg **
Rutin (from Sophora japonica [flower bud] Extract)	5 mg **
Lutein (from Aztec Marigold [flower] Extract)	1 mg **

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