Other ingredients: cellulose, stearic acid, sodium croscarmellose, hypromellose, silica, magnesium stearate, glycerin.

Recommendation: Take 3 tablets daily, preferably with food.

Caution: Individuals with allergies to plants of the *Asteraceae (Compositae)* family, including ragweed, should use this product with caution. If you are pregnant, nursing, have high blood pressure, or taking any medications, consult a healthcare professional before use. This product contains the amino acid phenylalanine. Not formulated for children. Do not exceed recommended dosage.

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

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

LN14929.D01 BLK8004D

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

Nature's Way

NO ADDED IRON

Alive! Max³ Daily

Multi-Vitamin

MAX POTENCY

Orchard Fruits™ / Garden Veggies™ & Daily Greens™ powder blends (600 mg per Serving), Enzymes, Bioflavonoids, EFAs

30 TABLETS - Multi-Vitamin Supplement

Supplement Facts

Serving Size 3 Tablets / Servings per Container 10

Amount per Serving	% DV
Calories	5	
Total Carbohydrate	2 g	<1%†
Dietary Fiber	<1 g	3%†
Vitamin A (67% [10,000 IU] as beta carotene and 33% [5,000 IU] as retinyl acetate)	15,000 IU	300%
Vitamin C (ascorbic acid)	1,000 mg	1,667%
Vitamin D (as cholecalciferol)	1,000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%
Vitamin K (as phytonadione)	80 mcg	100%
Thiamin (Vitamin B1)	25 mg	1,667%
Riboflavin (Vitamin B2)	25 mg	1,471%
Niacin (as niacinamide)	125 mg	625%
Vitamin B6 (as pyridoxine HCl/pyridoxal 5-phosphate)	50 mg	2,500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	200 mcg	3,333%
Biotin	325 mcg	108%
Pantothenic Acid (as D-calcium pantothenate)	125 mg	1,250%
Calcium (as citrate/carbonate/pantothenate)	250 mg	25%
Iodine (as potassium iodide and from kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	125 mg	31%
Zinc (as zinc gluconate)	15 mg	100%
Selenium (as L-selenomethionine)	200 mcg	286%
Copper (as copper bisglycinate chelate)	2 mg	100%
Manganese (as manganese bisglycinate chelate)	5 mg	250%
Molybdenum (as sodium molybdate)	75 mcg	100%
Sodium	10 mg	<1%
Potassium (as potassium citrate)	50 mg	1%
Rutin (from *Sophora japonica*) (flower bud)	25 mg	**
Lutein	500 mcg	**
Eleuthero (root)	50 mg	**
Inositol	50 mg	**
Choline (as choline bitartrate)	30 mg	**
Daily Greens™ Blend: Spirulina, Kelp, Alfalfa (leaf, stem, flower), Barley Grass, Blessed Thistle (stem, leaf, flower), Blue Green Algae (*Aphanizomenon flos-aquae*) (whole plant), Chlorella (micro-algae), Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemon Grass, Nettle (*Urtica* spp.) (leaf), Plantain (leaf), Wheat Grass	400 mg	**
Orchard Fruits™ / Garden Veggies™ Blend: Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Açaí, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	200 mg	**
Cardio Blend: Hawthorn (berry), Japanese Knotweed (root) extract standardized to 50% resveratrol (5 mg), Coenzyme Q10 (ubiquinone 10)	100 mg	**
Digestive Enzyme Blend: Concentrated enzyme formula (Protease I, Protease II, Amylase, Lactase, Peptidase, Cellulase, Invertase, Alpha Galactosidase, Lipase), Betaine HCl, Bromelain, Papain	100 mg	**
Omega 3/6/9 Fatty Acid Seed Blend: Flax Seed Powder, Sunflower Seed Powder	100 mg	**
Organic Mushroom Mycelium Defense Blend: Reishi (*Ganoderma lucidum*), Shiitake (*Lentinula edodes*), Oyster Hiratake (*Pleurotus ostreatus*), Enokitake (*Flammulina velutipes*), Maitake (*Grifola frondosa*), Yamabushitake (*Hericium erinaceus*), Agarikon (*Fomitopsis officinalis*), Chaga (*Inonotus obliquus*), Himematsutake (*Agaricus brasiliensis/blazei*), Kawaratake (*Trametes versicolor*), Mesima (*Phellinus linteus*), Zhu Ling (*Grifola umbellata*)	100 mg	**
Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine) providing Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones	60 mg	**

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

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

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MAX Potency 3x Daily

The most potent, nutrient diverse Alive!® multivitamin tablets with food-based blends:

- ***Daily Greens™*** *blend providing amino acids*
- ***Orchard Fruits™/Garden Veggies™*** *powder blend*
- ***Cardio*** *blend •* ***Digestive Enzyme*** *blend*
- ***Omega 3/6/9 Fatty Acid*** *seed blend*
- ***Mushroom Mycelium Defense*** *blend*
- ***Citrus Bioflavonoid*** *complex*

MAX B-Vitamins

*to help convert food into cellular energy**

Whole Body Nutrition

for men and women to help support:

*Bones** *Cells** *Digestion** *Eyes**

*Heart** *Hair/Skin/Nails** *Immune System** *Energy Metabolism**

*These statements have 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

NO ADDED IRON

Alive! Max³ Daily

Multi-Vitamin

MAX POTENCY

ENERGIZER™

with ***Food-Based*** *blends*

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30 TABLETS • Multi-Vitamin Supplement

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Daily Greens™ Blend providing Amino Acids 400 mg **
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