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, or taking any medications, consult a healthcare professional before use. Not formulated for children. Do not exceed recommended dose.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. **Keep this product out of reach of children.** In case of accidental overdose, call a doctor or poison control center immediately.

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

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

LN14926.D01 BLK8005D

©2019 Nature's Way Brands, LLC
Green Bay, WI 54311 USA
Questions? 1-800-9NATURE / naturesway.com

Nature's Way®

Alive! Max³ Daily

Multi-Vitamin

MAX POTENCY

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

60 TABLETS · Multi-Vitamin Supplement

Supplement Facts

Serving Size 3 Tablets / Servings per Container 20

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, 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 K1 (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 calcium carbonate/citrate/pantothenate)	237 mg	24%
Iron (ferrous bisglycinate chelate)	18 mg	100%
Iodine (as potassium iodide and from kelp)	153 mcg	102%
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%
Daily Greens™ Blend providing Amino Acids	400 mg	**
Amino Acids: 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), Lemongrass, Nettle (*Urtica* spp.) (leaf), Plantain (leaf), Wheat Grass		
Orchard Fruits™ / Garden Veggies™ Powder 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	**
Eleuthero (root)	50 mg	**
Inositol	50 mg	**
Choline (as choline bitartrate)	30 mg	**
Rutin (*Sophora japonica*) (flower bud) extract	25 mg	**
Lutein (from Aztec marigold)	500 mcg	**

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

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

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

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

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. **Keep this product out of reach of children.** In case of accidental overdose, call a doctor or poison control center immediately.

©2019 Nature's Way Brands, LLC
Green Bay, WI 54311 USA
Questions? 1-800-9NATURE / naturesway.com

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®

Alive! Max³ Daily

Multi-Vitamin

MAX POTENCY

ENERGIZER™

with Food-Based blends

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

60 TABLETS · Multi-Vitamin Supplement

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, or taking any medications, consult a healthcare professional before use. Not formulated for children. Do not exceed recommended dose.

Supplement Facts

Serving Size 3 Tablets / Servings per Container 20

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, 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 K1 (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 calcium carbonate/citrate/pantothenate)	237 mg	24%
Iron (ferrous bisglycinate chelate)	18 mg	100%
Iodine (as potassium iodide and from kelp)	153 mcg	102%
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%
Daily Greens™ Blend providing Amino Acids	400 mg	**
Amino Acids: 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),		

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

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

Chlorella (micro-algae), Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass, Nettle (*Urtica* spp.) (leaf), Plantain (leaf), Wheat Grass, Beet (Beta vulgaris), 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, Hawthorn (berry), Japanese Knotweed (root) Extract standardized to 50% resveratrol (5 mg), Coenzyme Q10 (ubiquinone 10), Digestive Enzyme Blend: Concentrated enzyme formula (Protease I, Protease II, Amylase, Lactase, Peptidase, Cellulase, Invertase, Alpha Galactosidase, Lipase), Betaine HCl, Bromelain, Papain, Omega 3/6/9 Fatty Acid Seed Blend: Flax Seed Powder, Sunflower Seed Powder, 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*), Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine) providing: Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones, Eleuthero (root), Inositol, Choline (as choline bitartrate), Rutin (*Sophora japonica*) (flower bud) extract, Lutein (from Aztec marigold), 500 mcg

0 33674 14926 3

LBN14926.D01 BLK8005D