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

Recommendation: Adults take 3 tablets daily, preferably with food. Not formulated for children. Do not exceed recommended dose. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

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.

Contains no artificial colors, or preservatives.

LN14930.E01 BLK8004E

Quatrefolic® is a registered trademark of Gnosis S.p.A. U.S. Patent No. 7,947,662.

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Green Bay, WI 54311 USA

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

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

60 TABLETS · Multi-Vitamin Supplement

Supplement Facts

Serving Size 3 Tablets / Servings per Container 20

Amount per Serving		% DV
Calories	10	
Total Carbohydrate	2 g	1%†
Vitamin A (67% [1,809 mcg] beta carotene and 33% [891 mcg] retinyl acetate)	2,700 mcg	300%
Vitamin C (ascorbic acid)	1,000 mg	1,111%
Vitamin D3 (as cholecalciferol)	50 mcg	250%
Vitamin E (as d-alpha tocopheryl succinate)	100 mg	667%
Vitamin K (as phytonadione)	120 mcg	100%
Thiamin (as thiamin mononitrate)	20 mg	1,667%
Riboflavin	20 mg	1,538%
Niacin (as niacinamide)	100 mg	625%
Vitamin B6 (as pyridoxine HCl, pyridoxal-5'-phosphate)	43 mg	2,529%
Folate	400 mcg DFE (418 mcg Quatrefolic® brand (6S)-5-methyltetrahydrofolate glucosamine salt)	100%
Vitamin B12 (as methylcobalamin)	80 mcg	3,333%
Biotin	33 mcg	110%
Pantothenic Acid (as D-calcium pantothenate)	63 mg	1,260%
Choline (as choline bitartrate)	30 mg	5%
Calcium (as calcium citrate, carbonate, D-calcium pantothenate)	325 mg	25%
Iodine (as potassium iodide and from kelp powder)	150 mcg	100%
Magnesium (as magnesium oxide)	130 mg	31%
Zinc (as zinc gluconate)	11 mg	100%
Selenium (as L-selenomethionine)	158 mcg	287%
Copper (as copper bisglycinate chelate)	0.9 mg	100%
Manganese (as manganese bisglycinate chelate)	5.8 mg	252%
Molybdenum (as sodium molybdate)	45 mcg	100%
Sodium	10 mg	<1%
Potassium (as potassium citrate)	50 mg	1%
Daily Greens™ Blend providing Amino Acids: Spirulina, Kelp, Alfalfa (leaf, stem, flower), Barley (grass), Blessed Thistle (stem, leaf, flower), Blue-Green Algae *(Aphanizomenon flos-aquae)*, Chlorella (micro-algae), Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass, Nettle (*Urtica* spp.) (leaf), Plantain (leaf), Wheat grass	400 mg	**
Orchard Fruits™ & Garden Veggies™ Powder Blend: 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	200 mg	**
Cardio Blend: Hawthorn (berry), Japanese Knotweed Extract (root) standardized to 50% Resveratrol (5 mg), Coenzyme Q10 (CoQ10) (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	**
Mushroom Mycelial & Primordia Biomass Defense Blend: Organic Reishi *(Ganoderma lucidum)*, Organic Shiitake *(Lentinula Edodes)*, Organic Oyster Hiratake *(Pleurotus ostreatus)*, Organic Enokitake *(Flammulina velutipes)*, Organic Maitake *(Grifola frondosa)*, Organic Yamabushitake *(Hericium erinaceus)*, Organic Agarikon *(Fomitopsis officinalis)*, Organic Chaga *(Inonotus obliquus)*, Organic Himematsutake *(Agaricus brasiliensis/blazei)*, Organic Kawaratake *(Trametes versicolor)*, Organic Mesima *(Phellinus linteus)*, Organic Zhu Ling *(Grifola umbellata)*	100 mg	**
Omega 3/6/9 Fatty Acid Seed Blend: Flax Seed Powder, Sunflower Seed Powder	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	**
Rutin (from *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, brown rice

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MAX Potency 3x Daily

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

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

Now with Premium B-Vitamins

- *Featuring the active form of B12*
- *Contains Quatrefolic® L-Methylfolate, the active form of folate*

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* · Skin* · Immune Health* · 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.

NOW WITH METHYLATED FOLATE & B12

NO ADDED IRON

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

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