

Other ingredients: cellulose, sodium croscarmellose, stearic acid, hypromellose, magnesium stearate, silica, glycerin, brown rice.
Recommendation: Men take 3 tablets daily, preferably with food. Not formulated for women or children. Do not exceed recommended dose. **Warning:** Do not take if you are pregnant or nursing. If you have a bleeding disorder, or if you are taking Coumadin® (warfarin) or any other medication, consult a healthcare professional before use.
FREE From gluten and artificial colors.
Keep out of reach of children. Safely sealed with inner seal. Do not use if seal is broken or missing. Store at room temperature. Keep bottle tightly closed.
Aquamin® is a registered trademark of Marigot Limited.
Quatrefol® is a registered trademark of Bioss S.p.A. U.S. Patent No. 7,947,862.
 †Trademark of its respective company.

◆ LG15542.C01 BLK8367C

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 Green Bay, WI 54311 USA
 Bottled and tested in the USA
Questions? 1-800-INATURE / info@nature.com

ULTRA POTENT B-VITAMINS

Alive! 3

MAX POTENCY

MEN'S MULTIVITAMIN

SUPPORTS DAILY ENERGY METABOLISM*

— INCLUDING —

Daily Greens® & Orchard Fruits®/Garden Veggies® Powder Blends (600 mg per serving)

90 TABLETS • COMPLETE MULTIVITAMIN SUPPLEMENT

Amount per Serving		% DV
Serving Size 3 Tablets / Servings per Container 30		
Amount per Serving	% DV	
Calories	10	
Total Carbohydrate	2 g	1%
Vitamin A (as 70% (1,260 mcg) beta carotene and 30% (540 mcg) retinyl acetate)	1,800 mcg	200%
Vitamin C (ascorbic acid)	450 mg	500%
Vitamin D3 (as cholecalciferol)	50 mcg	250%
Vitamin E (as d-alpha tocopheryl succinate)	60 mg	400%
Vitamin K (as phytylphosphonate)	120 mcg	100%
Thiamin (as thiamin mononitrate)	40 mg	3,333%
Riboflavin	40 mg	3,077%
Niacin (as niacinamide)	80 mg	500%
Vitamin B6 (as pyridoxine HCl, 42.5 mg 5'-phosphate)	42.5 mg	2,500%
Folate	400 mcg MCF	100%
(418 mcg Quatrefol® brand 60S-5-Methyltetrahydrofolate glucosamine salt)		
Vitamin B12 (as methylcobalamin)	200 mcg	3,333%
Biotin	33 mcg	110%
Pantothenic Acid (as D-calcium pantothenate)	62.5 mg	1,250%
(as D-calcium pantothenate)		
Choline (as choline bitartrate)	30 mg	5%
Calcium (as Aquamin® [®] calcified mineral source red algae <i>Lithothamnion</i> sp., [whole plant] and as magnesium citrate, oxide)	325 mg	25%
Iodine (from kelp and as potassium iodide)	150 mcg	100%
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Magnesium (from Aquamin® [®] calcified mineral source red algae <i>Lithothamnion</i> sp., [whole plant] and as magnesium citrate, oxide)	130 mg	31%
Zinc (as zinc gluconate)	22 mg	200%
Selenium (as L-selenomethionine)	200 mcg	364%
Copper (as copper bisglycinate chelate)	1.8 mg	200%
Manganese (as manganese bisglycinate chelate)	5.8 mg	252%
Molybdenum (as sodium molybdate)	45 mcg	100%
Sodium	20 mg	1%
Potassium (as potassium citrate)	50 mg	1%



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MAX POTENCY 3X DAILY
 multivitamin tablets with food-based blends, such as:

Orchard Fruits® / Garden Veggies® Powder Blend

Daily Greens® Blend Providing Amino Acids

Cardio Blend

Digestive Enzyme Blend

Citrus Bioflavonoid Complex

BALANCED FOR MEN
 With High Potency B-Vitamins including the active form of B-12 and Folate

EYE HEALTH*
 Beta Carotene (Vitamin A), Vitamins C, E, Lutein, Zinc

BONE HEALTH*
 Calcium, Folate, Magnesium, Manganese Vitamins D3, K

HEART HEALTH*
 B-Vitamins Vitamins C, E

IMMUNE HEALTH*
 Selenium, Zinc Vitamins A, C, D3

ENERGY METABOLISM*
 B-Vitamins

MUSCLE FUNCTION*
 Magnesium Vitamins B6, D3

Alive! 3 multivitamins were created to give you the energy support you need to do all that is important to you! Get the most from your meals, with potent immune, heart, energy and our food-based blends, and live every day feeling *Alive!*

THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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Daily Greens® Blend Providing Amino Acids	400 mg
Spirulina, Kelp, Alfalfa (leaf, stem, flower), Barley (grain), Blessed Thistle (stem, leaf, flower), Blue-Green Algae (Aphanizomenon flos-aquae), Green-Lipped Mussel (Perna perna)	