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

Recommendation: Adults take 3 tablets daily, preferably with food. Not formulated for 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.

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.

FREE FROM gluten and artificial colors.

Keep out of reach of children. Do not use if safety seal under child-resistant cap is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

‡Trademark of its respective company.

LG14926.F01 BLK8005F

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 / Bottled and tested in the USA
Questions? 1-800-9NATURE / feelalive.com

ULTRA POTENT B-VITAMINS

Nature's Way Alive!

MAX³ POTENCY MULTIVITAMIN

SUPPORTS DAILY ENERGY METABOLISM*

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

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

60 TABLETS • COMPLETE MULTIVITAMIN SUPPLEMENT

Supplement Facts

Serving Size 3 Tablets
Servings per Container 20

Amount per Serving	% DV
Calories 10	
Total Carbohydrate ..... 2 g	1%†
Vitamin A (as 67% [1,809 mcg] beta carotene and 33% [891 mcg] retinyl acetate) ..... 2,700 mcg	300%
Vitamin C (ascorbic acid) ..... 900 mg	1,000%
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) ..... 20 mg	1,176%
Folate ..... 400 mcg DFE	100%
(418 mcg Quatrefolic® brand (6S)-5-Methyltetrahydrofolate glucosamine salt)	
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%
Iron (as ferrous bisglycinate chelate) ..... 18 mg	100%
Iodine (as potassium iodide ..... and from kelp) ..... 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 ..... 5 mg	<1%
Daily Greens™ Blend: Spirulina, Kelp, 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 *(Cymbopogon citratus)* (aerial parts), 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, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	200 mg ..... **
Cardio Blend: Hawthorn (berry), Japanese Knotweed Extract (root), Coenzyme Q10 (ubiquinone 10)	100 mg ..... **
Mushroom Mycelial & Primordia Biomass Defense Blend: Organic Reishi *(Ganoderma lucidum)*, Organic Shiitake *(Lentinula edodes)*, Organic 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)	60 mg ..... **
Eleuthero (root)	50 mg ..... **
Inositol	50 mg ..... **
Digestive Enzyme Blend: Betaine HCl, Bromelain, Papain	35 mg ..... **
Rutin (from *Sophora japonica)* (flower bud) Extract	25 mg ..... **
Lutein (from Aztec marigold Extract) (flower)	500 mcg ..... **

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

Amount per Serving	% DV
Mushroom Mycelial & Primordia ..... 100 mg	**
Biomass Defense Blend: Organic Reishi *(Ganoderma lucidum)*, Organic Shiitake *(Lentinula edodes)*, Organic 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)*	
Omega 3/6/9 Fatty Acid Seed Blend ..... 100 mg	**
Flax Seed Powder, Sunflower Seed Powder	
Citrus Bioflavonoid Complex ..... 60 mg	**
(from Orange, Grapefruit, Lemon, Lime, Tangerine)	
Eleuthero (root) ..... 50 mg	**
Inositol ..... 50 mg	**
Digestive Enzyme Blend ..... 35 mg	**
Betaine HCl, Bromelain, Papain	
Rutin (from *Sophora japonica)* ..... 25 mg	**
(flower bud) Extract	
Lutein (from Aztec marigold ..... 500 mcg	**
Extract) (flower)	

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

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Amount per Serving % DV

Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass *(Cymbopogon citratus)* (aerial parts), 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, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach 200 mg **

Cardio Blend: Hawthorn (berry), Japanese Knotweed Extract (root), Coenzyme Q10 (ubiquinone 10) 100 mg **

Mushroom Mycelial & Primordia Biomass Defense Blend Organic Reishi *(Ganoderma lucidum)*, Organic Shiitake *(Lentinula edodes)*, Organic 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) 60 mg **

Eleuthero (root) 50 mg **

Inositol 50 mg **

Digestive Enzyme Blend: Betaine HCl, Bromelain, Papain 35 mg **

Rutin (from *Sophora japonica)* (flower bud) Extract 25 mg **

Lutein (from Aztec marigold Extract) (flower) 500 mcg **

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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	**Cardio** Blend
Digestive Enzyme Blend	**Omega 3/6/9 Fatty Acid** Seed Blend	**Citrus Bioflavonoid** Complex

Mushroom Defense Blend

WHOLE BODY NUTRITION

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

SKIN HEALTH* — Vitamins A, C, E, Zinc

Alive!® multivitamins were created to give you the energy support you need to do all that is important to you! Get the most from your multi, with potent vitamins & minerals and our food-based blends, and live every day feeling Alive!

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