

NO ADDED
IRON

Nature's
Way

Alive!

Whole Food[®] Energizer

Multi-Vitamin
MAX POTENCY

90 TABLETS • DIETARY SUPPLEMENT

Recommendations: Take 3 tablets daily, preferably with food. As with any supplement, if you are pregnant, nursing or taking medications, consult your doctor before use. Not formulated for children. Do not exceed recommended use. Store at room temperature. Keep out of reach of children.

Supplement Facts

Serving Size 3 Tablets (1 Serving) Per Container 30

Amount Per Serving % DV

Calories 5

Total Carbohydrate 1 g <1%

Vitamin A (20% 10,000 IU) 15,000 IU 300%

Vitamin C (ascorbic acid) 1,000 mg 1,000%

Vitamin D (as cholecalciferol) 1,000 IU 200%

Vitamin E (as d-alpha-tocopherol) 300 IU 600%

Vitamin K (as phytylphosphoryl) 40 mcg 100%

Vitamin B1 (as thiamine) 25 mg 1,000%

Vitamin B2 (as riboflavin) 25 mg 1,000%

Vitamin B3 (as niacin) 125 mg 2,500%

Vitamin B5 (as pantoic acid) 50 mg 1,000%

Vitamin B6 (as pyridoxine) 40 mcg 1,000%

Vitamin B12 (as cobalamin) 200 mcg 2,000%

Biotin 325 mcg 1,000%

Folic Acid (as 5-methyltetrahydrofolate) 125 mcg 1,250%

Calcium (as calcium carbonate) 200 mg 40%

Iron 60 mg 100%

Active form, ascorbic acid, ascorbate

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Other Ingredients: Vegetable cellulose, Vegetable modified cellulose, Vegetable stearic acid, Vegetable glycerin, Cellulose, Vegetable magnesium stearate, Vegetable glycerin.

Contains no sugar, yeast, wheat, grains, dairy products, artificial flavors, colors or preservatives.

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Questions? Call 1-800-864-7474 or visit www.aliveenergy.com

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