

Other ingredients: cellulose, stearic acid, sodium crosscarmellose, hyromellose, 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 blood clotting issue, or if you are taking any medications, 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.

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

◆ L H14927 . F 01 BLK8005F

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Green Bay, WI 54311 USA

Bottled and tested in the USA

Questions? 1-800-962-8873 / naturesway.com



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

WITH IRON

Nature's way

Alive!

MAX³ POTENCY

Adult Complete Multivitamin

Supports Energy Metabolism, Heart & Muscle Function*

Ultra Potent B-Vitamins & 6 Plant-Based Blends

90 TABLETS - MULTIVITAMIN SUPPLEMENT

Amount per Serving	% DV*
Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass (<i>Cymbopogon citratus</i>) (aerial parts), Nettie (<i>Urtica</i> 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, Pear, Pineapple, Pumpkin, Spinach	200 mg **
Cardio Blend: Hawthorn (berry), Japanese Knotweed (root) Extract, Coenzyme Q10 (ubiquinone-10)	100 mg **
Mushroom Mycelial & Primordia Biomass Defense Blend: Organic Reishi, Organic Shiitake, Organic Hiratake, Organic Enokitake, Organic Maitake, Organic Yamabushitake, Organic Agarikon, Organic Chaga, Organic Hinnemistatake, Organic Kawaratake (<i>Trametes versicolor</i>), Organic Mesima, Organic Zhu Ling	100 mg **
Omega 3/6/9 Fatty Acid Seed Blend: Flax (seed), Sunflower (seed)	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 [flower] Extract)	500 mcg **

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

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MAX POTENCY Complete Multivitamin

with 23 vitamins & minerals

12 200% or more Daily Value of 12 vitamins and minerals per 3-tablet serving

Vitamins and minerals to fill nutrient gaps including active forms methyl B12 and methyl folate

6 plant-based blends including Daily Greens™, Mushroom Defense, Omega 3/6/9, and Citrus Bioflavonoid blends

200 mg Orchard Fruits™ & Garden Veggies™ powder blend per 3-tablet serving

Explore more products at NATURESWAY.COM

Supplement Facts

Serving Size 3 Tablets
Servings per Container 30

Amount per Serving	% DV*
Calories	10
Total Carbohydrate	2 g 1%†
Vitamin A (as 67% [1,809 mcg] beta-carotene, 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%

Amount per Serving	% DV*
Calcium (as calcium citrate, carbonate, D-calcium pantothenate)	325 mg 25%
Iron (as ferrous bisglycinate, from kelp)	18 mg 100%
Iodine (as potassium iodide, 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)	0.9 mg 100%
Manganese (as manganese bisglycinate)	5.8 mg 252%
Molybdenum (as sodium molybdate)	45 mcg 100%
Sodium	10 mg <1%
Daily Greens® Blend: Spirulina, Kelp, Barley (grass), Blessed Thistle (stem, leaf, flower), Blue-Green Algae (<i>Aphanizomenon flos-aquae</i>), Chlorella, Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass (<i>Cymbopogon citratus</i>) (aerial parts), Nettie (<i>Urtica</i> 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,	200 mg **

Amount per Serving	% DV*
Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pear, Pineapple, Pumpkin, Spinach	
Cardio Blend: Hawthorn (berry), Japanese Knotweed (root) Extract, Coenzyme Q10 (ubiquinone-10)	100 mg **
Mushroom Mycelial & Primordia Biomass Defense Blend: Organic Reishi, Organic Shiitake, Organic Hiratake, Organic Enokitake, Organic Maitake, Organic Yamabushitake, Organic Agarikon, Organic Chaga, Organic Hinnemistatake, Organic Kawaratake (<i>Trametes versicolor</i>), Organic Mesima, Organic Zhu Ling	100 mg **
Omega 3/6/9 Fatty Acid Seed Blend: Flax (seed), Sunflower (seed)	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 **
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90 TABLETS - MULTIVITAMIN SUPPLEMENT

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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%
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(418 mcg Quatrefolic® brand (6S)-5-methyltetrahydrofolate glucosamine salt)	
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Pantothenic Acid (as D-calcium pantothenate)	63 mg 1,260%
Choline (as choline bitartrate)	30 mg 5%
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Iodine (as potassium iodide, 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)	0.9 mg 100%
Manganese (as manganese bisglycinate)	5.8 mg 252%
Molybdenum (as sodium molybdate)	45 mcg 100%
Sodium	10 mg <1%

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