Other ingredients: plant-derived capsule (hypromellose), magnesium stearate, gelatin, brown rice

Recommendation: Adults take 6 capsules 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

FREE FROM gluten, and artificial colors and flavors.

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat

Quatrefolic® is a registered trademark of Gnosis S.p.A. U.S. Patent No. 7.947.662.



♦ LH15092.E01 BLK8053E

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Supplemer Serving Size 6 Capsules / Serv			Calcium (as calciu
Amount per Serving		% DV†	carbonate, D-cal pantothenate)
Calories	5		lodine (as potassiu from kelp)
Total Carbohydrate	1 g	<1%†	Magnesium (as ma
[3,000 mcg] beta-carotene,	3,891 mcg	432%	zitrate, oxide) Zinc (as zinc gluco
23% [891 mcg] retinyl acetate)			Selenium (as L-selenometi
Vitamin C (ascorbic acid)	1,000 mg	1,111%	Copper (as copper
Vitamin D (as ergocalciferol)	25 mcg	125%	bisglycinate)
Vitamin E (as d-alpha tocopheryl succinate)	134 mg	893%	Manganese (as ma bisglycinate)
Vitamin K (as phytonadione)	120 mcg	100%	Molybdenum (as s
Thiamin (as thiamin mononitrate)	25 mg	2,083%	molybdate) Sodium
Riboflavin	25 mg	1.923%	Socium
Niacin (as niacinamide)	125 mg	781%	Daily Greens™ Blen
Vitamin B6 (as pyridoxine HCI)	20 mg	1,176%	Kelp, Barley (gras Thistle (stem, leat Green Algae (Aph
Folate (418 mcg Quai (6S)-5-methylte gluc		nd ate	aquae), Čhlorella, Dandelion (aerial Balm (leaf), Lemo (Cymbopogon cit
Vitamin B12 (as methylcobalamin)	80 mcg	3,333%	parts), Nettle <i>(Urt.</i> Plantain (leaf), Wi
Biotin	33 mcg	110%	Orchard Fruits™ & G Veggies™ Powder E
Pantothenic Acid (as D-calcium pantothenate	90 mg	1,800%	Blueberry, Orang Pomegranate, Plu
Choline (as choline bitartrate)	30 mg	5%	Apple, Beet, Cher

Amount per Serving		% DV†	Amount per Serving	% D	۷t
Calcium (as calcium citrate, carbonate, D-calcium pantothenate)	262 mg	20%	Cauliflower, Raspberry, Açaí, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage,		
lodine (as potassium iodide, from kelp)	150 mcg	100%	Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach		**
Magnesium (as magnesium citrate, oxide)	125 mg	30%	Cardio Blend: Hawthorn (berry), 100 Japanese Knotweed (root) Extract, Coenzyme Q10 (CoQ10)	mg	
Zinc (as zinc gluconate)	15 mg	136%	(ubiquinone-10)		
Selenium (as L-selenomethionine)	158 mcg	287%	Mushroom Mycelial & Primordia 100 Biomass Defense Blend: Organic Reishi,	mg	**
Copper (as copper bisglycinate)	0.9 mg	100%	Organic Shiitake, Organic Hiratake, Organic Enokitake, Organic Maitake, Organic Yamabushitake, Organic		
Manganese (as manganese bisglycinate)	5.8 mg	252%	Agarikon, Organic Chaga, Organic Himematsutake, Organic Kawaratake		
Molybdenum (as sodium molybdate)	45 mcg	100%	(Trametes versicolor), Organic Mesima, Organic Zhu Ling		
Sodium	5 mg	<1%	Omega 3/6/9 Fatty Acid Seed Blend: 100 Flax (seed), Sunflower (seed)	mg	*1
Daily Greens™ Blend: Spirulina, Kelp, Barley (grass), Blessed Thistle (stem, leaf, flower), Blu	ie-		Citrus Bioflavonoid Complex (from 60 orange, grapefruit, lemon, lime, tangerine)	mg	**
Green Algae (Aphanizomenon aguae), Chlorella, Cilantro (lea			Eleuthero (root) 50	mg	*1
Dandelion (aerial parts), Lemo			Inositol 50	mg	*1
Balm (leaf), Lemongrass (Cymbopogon citratus) (aerial			Digestive Enzyme Blend: 35 Betaine HCl, Bromelain, Papain	mg	*
parts), Nettle (Urtica spp.) (lea Plantain (leaf), Wheat (grass)			Rutin (from Sophora japonica 25 [flower bud] Extract)	mg	*
Orchard Fruits™ & Garden Veggies™ Powder Blend: Blueberry, Orange, Carrot,	200 mg	**	Lutein (from Aztec Marigold 500 [flower] Extract)		*
Pomegranate, Plum, Strawbe Apple, Beet, Cherry, Pear, Ton			[†] Percent Daily Values (DV) are based on a calorie diet. **Daily Value not established.		0

NO ADDED



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Amount per Serving	% I)V†
Daily Greens [™] Blend: Spirulina, Kelp, Barley (grass), Blessed Thistle (stem, leaf, flower), Blue-Green Algae (Aphanizomenon flos-aquae), Chlorella, 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, Açai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	200 mg	**
Cardio Blend: Hawthorn (berry), Japanese Knotweed (root) Extract, Coenzyme Q10 (CoQ10) (ubiquinone-10)	100 mg	**
Mushroom Mycelial & Primordia Biomass Defense Blend: Organic Reishi, Organic Shitake, Organic Hiratake, Organic Enokitake, Organic Maitake, Organic Yamabushitake, Organic Agarikon, Organic Chaga, Organic Himematsutake, Organic Kawaratake (<i>Trametes versicolori</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		

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

Other ingredients: plant-derived capsule (hypromellose), magnesium stearate, gelatin, brown rice

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MAX POTENCY

Complete Multivitamin

With 22 vitamins & minerals



200% or more Daily Value of 11 vitamins and minerals per 6-capsule 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 6-capsule serving



No added iron

Explore more products at NATURESWAY.COM



MAX 6 POTENCY

Adult Complete Multivitamin **CAPSULES**

Supports Energy Metabolism, Heart & Muscle Function*

Ultra Potent B-Vitamins & 6 Plant-Based Blends

90 CAPSULES - MULTIVITAMIN SUPPLEMENT

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

Recommendation: Adults take 6 capsules 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

Supplement Facts

Serving Size o Capsules / Servings p	dei Containei	13	
Amount per Serving			% DV†
Calories		5	
Total Carbohydrate		1 g	<1%†
Vitamin A (as 77% [3,000 mcg] beta 23% [891 mcg] retinyl acetate)	ı-carotene,	3,891 mcg	432%
Vitamin C (ascorbic acid)		1,000 mg	1,111%
Vitamin D (as ergocalciferol)		25 mcg	125%
Vitamin E (as d-alpha tocopheryl suc	ccinate)	134 mg	893%
Vitamin K (as phytonadione)		120 mcg	100%
Thiamin (as thiamin mononitrate)		25 mg	2,083%
Riboflavin		25 mg	1,923%
Niacin (as niacinamide)		125 mg	781%
Vitamin B6 (as pyridoxine HCI)		20 mg	1,176%
Folate	(6S)-5-meth	400 mcg DFE Quatrefolic® brand hyltetrahydrofolate glucosamine salt)	100%
Vitamin B12 (as methylcobalamin)		80 mcg	3,333%
Biotin		33 mca	110%

Vitariiii D12 (as metryleobalariiii)	oo mog	0,00070
Biotin	33 mcg	110%
Pantothenic Acid (as D-calcium pantothenate)	90 mg	1,800%
Choline (as choline bitartrate)	30 mg	5%
Calcium (as calcium citrate, carbonate, D-calcium pantothenate)	262 mg	20%
lodine (as potassium iodide, from kelp)	150 mcg	100%
Magnesium (as magnesium citrate, oxide)	125 mg	30%
Zinc (as zinc gluconate)	15 mg	136%
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

<1%