

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 healthcare professional before use.

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 and direct sunlight.

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



◆ LH15092.E01 BLK8053E

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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.

NO ADDED IRON

Nature's way

Alive!

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

Supplement Facts

Serving Size 6 Capsules / Servings per Container 15	
Amount per Serving	% DV†
Calories	5
Total Carbohydrate	1 g <1%†
Vitamin A (as 77% [3,000 mcg] beta-carotene, 23% [891 mcg] retinyl acetate)	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 succinate)	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 HCl)	20 mg 1,176%
Folate (418 mcg Quatrefolic® brand (6S)-5-methyltetrahydrofolate glucosamine salt)	400 mcg 100%
Vitamin B12 (as methylcobalamin)	80 mcg 3,333%
Biotin	33 mcg 110%
Pantothenic Acid (as D-calcium pantothenate)	90 mg 1,800%
Choline (as choline bitartrate)	30 mg 5%

Amount per Serving

Amount per Serving	% DV†
Calcium (as calcium citrate, carbonate, D-calcium pantothenate)	262 mg 20%
Iodine (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	5 mg <1%
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, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	200 mg **
Mushroom Mycelial & Primordia Biomass Defense Blend: Organic Reishi, Organic Shiitake, Organic Hiratake, Organic Enokitake, Organic Maitake, Organic Agarikon, Organic Chaga, Organic Himematsutake, Organic Kowaratake (Trametes versicolor), 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 **

Amount per Serving

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Cauliflower, Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	100 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 Shiitake, Organic Hiratake, Organic Enokitake, Organic Maitake, Organic Agarikon, Organic Chaga, Organic Himematsutake, Organic Kowaratake (Trametes versicolor), Organic Mesima, Organic Zhu Ling	100 mg **
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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

NO ADDED IRON

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