

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.

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 and flavors.

Keep out of reach of children. Do not use if safety seal under child-deterrent 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.

◆ LH15090.E01 BLK8058E

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Green Bay, WI 54311 USA
Bottled and tested in the USA
Questions? 1-800-962-8873 / naturesway.com

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WITH 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 DFE	100%
Vitamin B12 (as methylcobalamin)	80 mcg	3,333%
Biotin	33 mcg	110%
Pantothenic Acid (as D-calcium pantothenate)	125 mg	2,500%
Choline (as choline bitartrate)	30 mg	5%

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

Amount per Serving		% DV†
Calcium (as calcium citrate, carbonate, D-calcium pantothenate)	262 mg	20%
Iron (as ferrous bisglycinate)	18 mg	100%
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	**

Amount per Serving		% DV†
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 Yamabushitake, 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	**

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



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90 CAPSULES - MULTIVITAMIN SUPPLEMENT

MAX POTENCY Complete Multivitamin

With 23 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

Explore more products at [NATURESWAY.COM](https://naturesway.com)

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