

Other ingredients: cellulose, hydroxypropyl cellulose, stearic acid, sodium croscarmellose, hypromellose, silica, magnesium stearate, glycerin, gelatin, brown rice

Recommendation: Women take 3 tablets daily, preferably with food. Not formulated for men or 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-deterrent cap is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

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

◆ LH15543.E03 BLK8638E

©2024 Nature's Way Brands, LLC
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.

Nature's
way
Alive!

MAX 3 POTENCY

Women's Complete Multivitamin TABLETS

Supports Energy Metabolism,
Heart & Bone Health*

Ultra Potent B-Vitamins
& 7 Plant-Based Blends

90 TABLETS - MULTIVITAMIN SUPPLEMENT

Supplement Facts

Serving Size 3 Tablets / Servings per Container 30

Amount per Serving	% DV†
Calories	10
Total Carbohydrate	2 g 1%†
Vitamin A (as 70% [1,260 mcg] beta-carotene, 30% [540 mcg] retinyl acetate)	1,800 mcg 200%
Vitamin C (ascorbic acid)	270 mg 300%
Vitamin D3 (as cholecalciferol)	50 mcg 250%
Vitamin E (as d-alpha tocopheryl succinate)	50 mg 333%
Vitamin K (as phytonadione)	150 mcg 125%
Thiamin (as thiamin mononitrate)	20 mg 1,667%
Riboflavin	20 mg 1,538%
Niacin (as niacinamide)	80 mg 500%
Vitamin B6 (as pyridoxine HCl)	20 mg 1,176%
Folate (837 mcg Quatrefolic® brand (6S)-5-methyltetrahydrofolate glucosamine salt)	800 mcg DFE 200%
Vitamin B12 (as methylcobalamin)	90 mcg 3,750%
Biotin	60 mcg 200%
Pantothenic Acid (as D-calcium pantothenate)	25 mg 500%
Choline (as choline bitartrate)	30 mg 5%
Calcium (from Aquamin® calcified mineral source Red Algae <i>Lithothamnion</i> sp. [whole plant])	390 mg 30%

Amount per Serving	% DV†
Iron (as ferrous bisglycinate)	18 mg 100%
Iodine (as potassium iodide, from kelp)	150 mcg 100%
Magnesium (from Aquamin® calcified mineral source Red Algae <i>Lithothamnion</i> sp. [whole plant]) and as magnesium citrate, oxide)	210 mg 50%
Zinc (as zinc gluconate)	11 mg 100%
Selenium (as L-selenomethionine)	200 mcg 364%
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), Nettle (<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, Raspberry, Acai,	200 mg **

Amount per Serving	% DV†
Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	
CranRx® Cranberry (fruit) Concentrate	100 mg **
Flax Lignan / Fiber Blend: Flax Lignan (seed) Fiber, Flax Lignan (seed hulls) Extract	100 mg **
Hair, Skin & Nails Blend: Horsetail (stem, leaf), MSM (methylsulfonylmethane), Grape (seed) Extract	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 Kawaratake (<i>Trametes versicolor</i>), Organic Mesima, Organic Zhu Ling	100 mg **
Inositol	50 mg **
Digestive Enzyme Blend: Betaine HCl, Bromelain, Papain	35 mg **
Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine)	30 mg **
Rutin (from <i>Sophora japonica</i> [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.