

Other ingredients: cellulose, stearic acid, sodium croscarmellose, hypromellose, 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.

FREE FROM gluten and artificial colors.

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.

BOTTLE MADE FROM 90% POST-CONSUMER RECYCLED PLASTIC

◆ LH14931.F02 BLK8004F

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

NO ADDED IRON



MAX³ POTENCY

Adult Complete Multivitamin

Supports Energy Metabolism, Heart & Muscle Function*

Ultra Potent B-Vitamins & 6 Plant-Based Blends

90 TABLETS • MULTIVITAMIN SUPPLEMENT

Supplement Facts

Serving Size 3 Tablets
Servings per Container 30

Amount per Serving	% DV ¹
Calories	10
Total Carbohydrate	2 g 1% ¹
Vitamin A (as 67% (1,809 mcg) beta-carotene, 33% (891 mcg) retinyl acetate)	2,700 mcg 300%
Vitamin C (as 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 (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)	63 mg 1,260%
Choline (as choline bitartrate)	30 mg 5%

Amount per Serving	% DV ¹
Calcium (as calcium citrate, carbonate, D-calcium pantothenate)	325 mg 25%
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 (Aphanizomenon flos-aquae), Chlorella, Cilantro (leaf), Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass (Cymbopogon citratus) (aerial parts), Nettie (Urtica spp.) (leaf), Plantain (flower bud) Extract	400 mg **
Omega 3/6/9 Fatty Acid Seed Blend: Fish (oils), 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	% DV ¹
Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	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 (Trametes versicolor), Organic Mesima, Organic Zhu Ling	100 mg **
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Eleuthero (root)	50 mg **
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NO ADDED IRON

MAX POTENCY
Complete Multivitamin
with 22 vitamins & minerals

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

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

17 6 plant-based blends including Daily Greens™, Mushroom Defense, Omega 3/6/9, and Citrus Bioflavonoid blends

18 200 mg Orchard Fruits™ & Garden Veggies™ powder blend per 3-tablet serving

19 No added iron

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90 TABLETS • MULTIVITAMIN SUPPLEMENT

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Omega 3/6/9 Fatty Acid Seed Blend: Fish (oils), Sunflower (seed)
Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine)
Eleuthero (root)
Inositol
Digestive Enzyme Blend: Betaine HCl, Bromelain, Papain
Rutin (from Sophora japonica (flower bud) Extract)
Lutein (from Aztec Marigold (flower) Extract)

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Amount per Serving	% DV ¹
Lemongrass (Cymbopogon citratus) (aerial parts), Nettie (Urtica spp.) (leaf), Plantain (leaf), Wheat (grass)	200 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 **
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 Himematsutake, Organic Kawaratake (Trametes versicolor), Organic Mesima, Organic Zhu Ling	100 mg **
Omega 3/6/9 Fatty Acid Seed Blend: Fish (oils), 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 **
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