

NO ADDED  
IRON



Alive!

MAX<sup>3</sup> POTENCY

Adult Complete  
Multivitamin

Supports  
Energy Metabolism,  
Heart & Muscle Function\*

Ultra Potent B-Vitamins  
& 6 Plant-Based Blends

180 TABLETS - MULTIVITAMIN SUPPLEMENT

**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.

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

©2024 Nature's Way Brands, LLC  
Green Bay, WI 54311 USA  
Bottled and tested in the USA

**Questions?** 1-800-962-8873 / [naturesway.com](https://www.naturesway.com)

◆ LH14932.F02 BLK8004F



BOTTLE MADE FROM  
50% POST-CONSUMER  
RECYCLED PLASTIC

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

## Supplement Facts

Serving Size 3 Tablets / Servings per Container 60

| Amount per Serving                                                          |                                                                                            | % DV†  |
|-----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------|
| Calories                                                                    | 10                                                                                         |        |
| Total Carbohydrate                                                          | 2 g                                                                                        | 1%†    |
| Vitamin A (as 67% [1,809 mcg] beta-carotene, 33% [891 mcg] retinyl acetate) | 2,700 mcg                                                                                  | 300%   |
| Vitamin C (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                                                                      | 400 mcg DFE<br>(418 mcg Quatrefolic® brand (6S)-5-methyltetrahydrofolate glucosamine salt) | 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%     |
| 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%   |

| Amount per Serving                                                                                                                                                                                                                                                                                                                                       | % DV†       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| 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, 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 (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 ( <i>Trametes versicolor</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 <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.

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