

Amount per Serving	% DV†
Dandelion (aerial parts), Lemon Balm (leaf), Lemongrass (<i>Cymbopogon citratus</i>) (aerial parts), Nettle (<i>Urtica</i> spp.) (leaf), Plantain (leaf), Wheat (grass)	
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 **

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

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.

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.

Quatrefolic® is a registered trademark of Gnosis S.p.A.
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Bottled and tested in the USA
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MAX POTENCY

Complete Multivitamin

with 23 vitamins
& minerals



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

WITH
IRON



Alive!

MAX **3** POTENCY

Adult Complete
Multivitamin
TABLETS

Supports
Energy Metabolism,
Heart & Muscle Function*

Ultra Potent B-Vitamins
& 6 Plant-Based Blends

90 TABLETS - MULTIVITAMIN SUPPLEMENT

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

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.

Supplement Facts

Serving Size 3 Tablets / Servings per Container 30		
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	100%
(418 mcg Quatrefolic® brand (6S)-5-methyltetrahydrofolate glucosamine salt)		
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%
Iron (as ferrous bisglycinate)	18 mg	100%
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 (<i>Aphanizomenon flos-aquae</i>), Chlorella, Cilantro (leaf),	400 mg	**