

Multi-Vitamin MAX POTENCY

CAPSULES

Amount Per Serving	% Daily Value
Blue Green Algae (microalgae), Chlorella (leaf), Kelp (white thallus); providing amino acids: Glutamic acid, Aspartic acid, Arginine, Leucine, Lysine, Serine, Phenylalanine, Valine, Isoleucine, Alanine, Proline, Glycine, Threonine, Tyrosine, Histidine, Methionine, Cysteine, Tryptophan	
Cardiovascular Blend	100 mg
Hawthorn (berry), Japanese Knotweed standardized to 50% resveratrol, Coenzyme Q10 (ubiquinone)	
Orchard Fruits™ Blend	100 mg
Pomegranate pomegranate, Apple Extract (whole palm fruit), Juice Powder, Grape, Pear, Cranberry, Blueberry, Strawberry, Blackberry, Elderberry, Cherry, Apricot, Papaya, Orange, Pomegranate	
Garden Veggies™ Blend	100 mg
Parley, Kale, Spinach, Wheat Grass, Brussels Sprout, Asparagus, Broccoli, Cauliflower, Beet, Carrot, Cabbage, Garlic	
Organic Mushroom Defense Blend	100 mg
Cardiopap, Reishi, Shiitake, Maitake, Yamabushitake, Himematsutake, Kawaratsake, Chaga, Zhu Ling, Agarikon, Mesima	
Digestive Enzyme Blend	100 mg
Concentrated enzyme formula (Protease 1, Protease II, Amylase, Pepsinase, Lactase, Cellulase, Alpha Galactosidase, Invertase, Lipase); Betaine HCl, Bromelain (from pineapple); Papain (from papaya)	
Omega 3/6/9 Fatty Acid Seed Blend:	100 mg
Flax Seed Powder (dry, cold pressed); Sunflower Seed Powder (dry, cold pressed)	
Citrus Bioflavonoid Complex	60 mg
(from lemon, orange, grapefruit, lime, tangerine) providing: Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones	
Siberian Eleuthero (root)	50 mg
Inositol	50 mg
Choline (as choline bitartrate)	30 mg
Biotin	25 mg
Boron (as amino acid chelate)	1 mg
Lutein (from marigold)	500 mcg

†Percent Daily Values are based on a 2,000 calorie diet. **Daily Value not established. Other ingredients: Plant-derived capsule, Vegetable magnesium stearate

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.

Contains no sugar, salt, yeast, wheat grain, dairy products, artificial flavors, colors or preservatives. Kosher® is a registered trademark of Kofman.

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Questions? Call 1-800-9NATURE or visit www.naturesway.com

MAX POTENCY ALIVE!

BALANCED FOR ADULTS

- Maximized levels of vitamins, minerals, antioxidants and food-based nutrients
- High potency B-vitamins for energy*
- Extra cardio support with hawthorn and CoQ10*
- 1,000 IU of Vitamin D
- Plus antioxidants, açai and pomegranate

25 Vitamins & Minerals

26 Fruits & Veggies

18 Amino Acids

12 Digestive Enzymes

12 Mushrooms (Organic)

14 Green Foods

40+ Antioxidant Sources

WHOLE BODY NOURISHMENT

with essential nutrients that help support:

BONE HEALTH* Boron, Calcium, Folic Acid, Magnesium, Manganese, Vitamins D & K	COLON HEALTH* Calcium, Folic Acid, Selenium, Vitamin D
DAILY ENERGY* Magnesium, Nicotinamide, Pantothenic Acid, Riboflavin, Thiamine, Vitamin B6	EYE HEALTH* Lutein, Vitamin A (Beta Carotene), Vitamins C & E, Zinc
HEART HEALTH* Vitamins B6, B12, C & E, Folic Acid, CoQ10	IMMUNE DEFENSE* Antioxidants, Selenium, Vitamins A, C & D, Zinc

*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! Whole Food Energizer™ Multi-Vitamin MAX POTENCY

#1
MEGA
NUTRIENT

90 VCAPS® CAPSULES • DIETARY SUPPLEMENT

Recommendation: Take 6 capsules daily, preferably with food. As with any supplement, if you are pregnant, nursing or taking medication, consult your doctor before use. Not formulated for children. Do not exceed recommended use.

Supplement Facts

Serving Size 6 Capsules / Servings Per Container 15

Amount Per Serving	% Daily Value
Calories	10
Total Carbohydrate	2 g 1%
Vitamin A (33% (5,000 IU) as retinyl acetate and 67% (10,000 IU) as beta carotene)	15,000 IU 300%
Vitamin C (ascorbic acid)	1,000 mg 1,667%
Vitamin D (as ergocalciferol)	1,000 IU 250%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU 667%
Vitamin K (as phytylanol)	80 mcg 100%
Thiamin (as thiamin mononitrate)	25 mg 1,667%
Riboflavin (Vitamin B2)	25 mg 1,471%
Niacin (as niacinamide)	125 mg 625%
Vitamin B6 (as pyridoxine HCl/pyridoxal 5-phosphate)	50 mg 2,500%
Folic Acid	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	200 mcg 3,333%
Biotin	325 mcg 108%
Pantothenic Acid (as d-calcium pantothenate)	125 mg 1,250%
Calcium (as citrate/carbonate)	250 mg 25%
Iron (as amino acid chelate)	18 mg 100%
Iodine (from kelp powder, as potassium iodide)	150 mcg 100%
Magnesium (as citrate/bioid)	125 mg 31%
Zinc (as zinc gluconate)	15 mg 100%
Selenium (as L-selenomethionine)	200 mcg 266%
Copper (as amino acid chelate)	2 mg 100%
Manganese (as amino acid chelate)	5 mg 250%
Chromium (as chromium picolinate)	250 mcg 208%
Molybdenum	75 mcg 100%
Potassium (as amino acid chelate)	50 mg 1%
Green Food/Spirulina Blend	400 mg
Spirulina (microalgae), Alfalfa (leaf, stem), Barley Grass (grass), Dandelion (leaf), Wheat Grass (grass), Melissa (leaf), Lemon Grass (grass), Nettie (leaf), Blessed Thistle (stem, leaf, flower), Chlorella (jenkins-cult microalgae), Plantain (leaf).	

SATISFACTION GUARANTEED. Safety sealed for your protection with printed outer shrinkwrap and printed inner freshness seal under child resistant bottle cap. Do not use if either seal is broken or missing. Store at room temperature. Keep bottle tightly closed. Keep out of reach of children.



(800) 928-0600