

Amount Per Serving	% Daily Value
Barley Grass (grass); Dandelion (leaf); Wheat Grass (grass); Melissa (leaf); Lemon Grass (grass); Nettle (leaf); Blessed Thistle (stem, leaf, flower); Chlorella (broken-cell microalgae); Plantain (leaf); Blue Green Algae (microalgae); Cilantro (leaf); providing amino acids: Glutamic acid, Aspartic acid, Arginine, Leucine, Isoleucine, Serine, Phenylalanine, Valine, Isoleucine, Alanine, Proline, Glycine, Threonine, Tyrosine, Histidine, Methionine, Cysteine, Tryptophan	
Prostate Blend with Lycopene Saw Palmetto (berry); Tomato extract (fruit) providing 2 mg of lycopene	100 mg
Energy & Endurance Blend with Rhodiola Siberian Eleuthero (root); Rhodiola Rosea extract (root) standardized to 3% rosavins and 1% salidroside; Korean Ginseng (root); Gota Kola (stem, leaf)	100 mg
Cardiovascular Blend Hawthorn (berry); Japanese Knotweed standardized to 50% resveratrol; Coenzyme Q10 (ubiquinone)	100 mg
Orchard Fruits™ Blend Pomegranate (seed); Acai Extract (whole palm fruit); Juice Powders: Grape; Plum; Dragonberry; Blueberry; Strawberry; Blackberry; Bilberry; Cherry; Apricot; Papaya; Orange; Pineapple	100 mg
Garden Veggies™ Juice Powder Blend Parsley; Kale; Spinach; Wheat Grass; Brussels Sprout; Asparagus; Broccoli; Cauliflower; Beet; Carrot; Cabbage; Garlic	100 mg
Organic Mushroom Defense Blend Cordyceps; Reishi; Shiitake; Maitake; Maitake; Yamabushitake; Himematsutake; Kawaratsake; Chaga; Zhu Ling; Agarikon; Mesima	100 mg
Digestive Enzyme Blend Concentrated enzyme formula (Protease I, Protease II, Amylase, Peptidase, Lactase, Cellulase, Alpha Galactosidase, Invertase, Lipase); Betaine HCl; Bromelain (from pineapple); Papain (from papaya)	100 mg
Inositol	50 mg
Choline (as choline bitartrate)	30 mg
Citrus Bioflavonoid Complex (from lemon, orange, grapefruit, lime, tangerine) providing: Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones	30 mg
Rutin	25 mg
Boron (as amino acid chelate)	1 mg
Lutidin (from marigold)	500 mcg

*Percent Daily Values are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: Vegetable cellulose, Vegetable modified cellulose, Vegetable stearic acid, Vegetable modified cellulose gum, Silica, Vegetable magnesium stearate, Vegetable glycerin

Contains no yeast, wheat grain, dairy products, artificial flavors, colors or preservatives. Aquamin® is a registered trademark of Marigold Limited.

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

MAX POTENCY ALIVE!

BALANCED FOR MEN

- Maximized levels of vitamins, minerals, antioxidants and food-based nutrients
- High potency B-vitamins for energy*
- Extra support for prostate, cardio health and endurance*
- 1,000 IU of Vitamin D
- Plant-based Aquamin® calcium and magnesium source



WHOLE BODY NOURISHMENT

with essential nutrients that help support:

PROSTATE HEALTH* Saw Palmetto, Lycopene, Selenium, Zinc ENERGY & ENDURANCE* Ginseng, Rhodiola, Eleuthero	
BONE HEALTH* Boron, Calcium, Folic Acid, Magnesium, Manganese, Vitamins D & K	COLON HEALTH* Calcium, Folic Acid, Selenium, Vitamin D
DAILY ENERGY* Magnesium, Niacin, Pantothenic Acid, Riboflavin, Thiamin, 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™

Men's Multi MAX POTENCY

#1
MEGA
NUTRIENT

90 TABLETS - DIETARY SUPPLEMENT

Recommendation: Take 3 tablets daily, preferably with food. As with any supplement, if you are taking medication consult your doctor before use. Not formulated for children. Do not exceed recommended use.

Supplement Facts

Serving Size 3 Tablets / Servings Per Container 30

Amount Per Serving	% Daily Value
Calories	25
Total Carbohydrate	6 g 2%†
Dietary Fiber	2 g 8%†
Sugars	<1 g **
Protein	1 g 2%†
Vitamin A (30% (3,000 IU) as retinyl acetate and 70% (7,000 IU) as beta carotene)	10,000 IU 200%
Vitamin C (ascorbic acid)	300 mg 500%
Vitamin D (as cholecalciferol)	1,000 IU 250%
Vitamin E (as d-alpha tocopheryl succinate)	120 IU 400%
Vitamin K (as phytylphosphonate)	80 mcg 100%
Thiamin (as thiamin mononitrate)	50 mg 3,333%
Riboflavin (Vitamin B2)	50 mg 2,941%
Niacin (as niacinamide)	100 mg 500%
Vitamin B6 (as pyridoxine HCl/pyridoxal 5-phosphate)	50 mg 2,500%
Folic Acid	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	500 mcg 8,333%
Biotin	325 mcg 106%
Pantothenic Acid (as d-calcium pantothenate)	125 mg 1,250%
Calcium (from Aquamin® calcified mineral source Red Algae Lithothamnion sp. [whole plant])	250 mg 25%
Iodine (from kelp powder, as potassium iodide)	150 mcg 100%
Magnesium (from Aquamin® calcified mineral source Red Algae Lithothamnion sp. [whole plant], as citrate/bicarbonate)	125 mg 31%
Zinc (as zinc gluconate)	30 mg 200%
Selenium (as L-selenomethionine)	250 mcg 357%
Copper (as amino acid chelate)	4 mg 200%
Manganese (as amino acid chelate)	5 mg 250%
Chromium (as chromium picolinate)	250 mcg 200%
Molybdenum	75 mcg 100%
Sodium	20 mg <1%
Potassium (as amino acid chelate)	50 mg 1%
Green Food/SpinaLife Blend Spirulina (microalgae); Kelp (whole thallus); Alfalfa (leaf, stem);	400 mg **

SATISFACTION GUARANTEED. Safety sealed for your protection with printed outer shrinkwrap and printed inner freshness seal under 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.



18N15542 ADZ (8/23/14)