

Amount Per Serving	% Daily Value
Thistle (stem, leaf, flower), Chlorella (broken-cell microalgae), Plantain (leaf), Blue Green Algae (microalgae), Cleftho (leaf) Kelp (whole thallus) providing amino acids: Glutamic acid, Aspartic acid, Arginine, Leucine, Lysine, Serine, Phenylalanine, Valine, Isoleucine, Alanine, Proline, Glycine, Threonine, Tyrosine, Histidine, Methionine, Cysteine, Tryptophan	
Cranberry® Cranberry fruit solids standardized to PACs (proanthocyanidins)	100 mg **
Hair, Skin & Nail Blend with MSM: Horsetail grass (stem, leaf), 100 mg Methylsulfonylmethane (MSM), Tri-OPCs™ grape seed extract standardized to 95% antioxidants (85% oligomeric procyanidins [OPCs], 10% other polyphenols)	100 mg **
Flax Lignan Blend with SDG Lignans	100 mg **
High lignan flax fiber (seed); Flax lignan extract (seed hulls) standardized to 25% secoisolariciresinol diglycoside (SDG) lignan	100 mg **
Orchard Fruits™ Blend: Pomegranate (seed), Acai Extract (whole palm fruit), Juice Powders: Grape, Plum, Cranberry, Blueberry, Strawberry, Blackberry, Bilberry, Cherry, Apricot, Papaya, Orange, Pineapple	100 mg **
Garden Veggies™: Juice Powder Blend	100 mg **
Parsley, Kale, Spinach, Wheat Grass, Brussels Sprout, Asparagus, Broccoli, Cauliflower, Beet, Carrot, Cabbage, Garlic	100 mg **
Organic Mushroom Defense Blend	100 mg **
Cordyceps, Reishi, Shiitake, Hiratake, Matsake, Yamabushitake, Himeenotake, Kawaratake, Chaga, Zhu Ling, Agarikon, Mesima	100 mg **
Digestive Enzyme Blend:	100 mg **
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, Eriodictin, Flavanols and Flavones	30 mg **
Rutin	25 mg **
Boron (as amino acid chelate)	1 mg **
Lutetin (from marigold)	500 mcg **

%Percent Daily Values are based on a 2,500 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

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, yeast, wheat, grain, dairy products, artificial flavors, colors or preservatives. Aquamin® is a registered trademark of Mergol Limited.

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Questions? Call 1-800-4NATURE or visit www.naturesway.com

MAX POTENCY ALIVE!

BALANCED FOR WOMEN

• Maximized levels of vitamins, minerals, antioxidants and food-based nutrients

• High potency B-vitamins for energy*

• Extra support for hair/skin/nails plus breast/urinary health*

• 1,000 IU of Vitamin D

• Plant-based Aquamin® calcium and magnesium source

25

Vitamins & Minerals

18

Amino Acids

12

Digestive Enzymes

12

Mushrooms (Organic)

14

Green Foods

40+

Antioxidant Sources

WHOLE BODY NOURISHMENT

with essential nutrients that help support:

BREAST HEALTH* Vitamin D, Lignans / **URINARY HEALTH*** Cranberry®,
HAIR, SKIN & NAILS* Horsetail, MSM, Tri-OPCs™, Biotin, Vitamin C

BONE HEALTH*

Boron, Calcium, Folic Acid, Magnesium, Manganese, Vitamins D & K

COLON HEALTH*

Calcium, Folic Acid, Selenium, Vitamin D

DAILY ENERGY*

Magnesium, Niacin, Paraethoxybenzoic 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.



Alive!

Whole Food Energizer™

Women'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 pregnant, nursing or 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 Fat	<1 g <1%
Total Carbohydrate	6 g 2%
Dietary Fiber	2 g 8%
Protein	2 g 4%
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)	100 IU 333%
Vitamin K (as phytylanthraquinone)	100 mcg 125%
Thiamin (as thiamin mononitrate)	25 mg 1,667%
Riboflavin (Vitamin B2)	25 mg 1,471%
Niacin (as niacinamide)	100 mg 500%
Vitamin B6 (as pyridoxine HCl/pyridoxal 5-phosphate)	100 mg 5,000%
Folic Acid	800 mcg 200%
Vitamin B12 (as cyanocobalamin)	225 mcg 3,750%
Biotin	800 mcg 200%
Paraethoxybenzoic Acid (as d-calcium paraethoxybenzoate)	50 mg 500%
Calcium (from Aquamin® calcified mineral source Red Algae Lithothamnion sp. (whole plant))	400 mg 40%
Iron (as amino acid chelate)	18 mg 100%
Iodine (from kelp powder, as potassium iodide)	150 mcg 100%
Magnesium (from Aquamin® calcified mineral source Red Algae Lithothamnion sp. (whole plant), as citrate/oxide)	200 mg 50%
Zinc (as zinc gluconate)	15 mg 100%
Selenium (as L-selenomethionine)	250 mcg 357%
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%
Sodium	10 mg <1%
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	

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.



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