

90 TABLETS • DIETARY SUPPLEMENT



Alive!

Whole Food Energizer™

MAX POTENCY Women's Multi

Recommendations: 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. Store at room temperature.

Supplement Facts

Serving Size 3 Tablets / Servings Per Container 30

Amount Per Serving		% DV
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 phytylphosphates)	100 mcg	125%
Thiamin (as thiamin concentrate)	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	600 mcg	200%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	500%
Calcium (from Aquamin® calcified mineral source Red Algae (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 (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/Spinulene Blend	400 mg	**
Spinulene (microalgae); Alfalfa (leaf, stem); Barley Grass		

Amount Per Serving		% DV
(grass); Candelion (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); Kelp (whole thallus)		
Cranberry® Cranberry fruit solids standardized to PACs (proanthocyanidins)	100 mg	**
Hair, Skin & Nail Blend with MSM (Methylsulfonylmethane (MSM); Tri-OPCs™ grape seed extract standardized to 95% antioxidants)	100 mg	**
Flax Lignan Blend with SOG Lignans	100 mg	**
High Lignan flax fiber (seed); Flax lignan extract (seed hulls) standardized to 25% secoisolariciresinol diglycoside (SOG) lignan		
Orchard Fruits™ Blend	100 mg	**
Pomegranate (seed); Acai Extract (whole palm fruit); Juice Powders: Grape; Plum; Cranberry; Blueberry; Strawberry; Blackberry; Bilberry; Cherry; Apricot; Papaya; Orange; Pineapple		
Garden Veggies™ Juice Powder Blend	100 mg	**
Parsley; Kale; Spinach; Wheat Grass; Brussels Sprout; Asparagus; Broccoli; Cauliflower; Beet; Carrot; Cabbage; Garlic		
Organic Mushroom Defense Blend	100 mg	**
Cordyceps; Reishi; Shiitake; Hiratake; Maitake; Yama-bushitake; Himematsutake; Kawanatake; Chaga; Zhu Ling; Agaricus; Maitake		
Digestive Enzyme Blend	100 mg	**
Concentrated enzyme formula (Protease I, Protease II, Amylase, Pepsinase, Lactase, Cellulase, Alpha Galactosidase, Invertase, Lipase); Betaine HCl; Bromelain (from pineapple); Pepsin (from papaya)		
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	**
Lutein (from marigold)	500 mcg	**

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value (DV) 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.

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