

Amount Per Serving	% DV
Orchard Fruits™ / Garden Veggies™ Blend 200 mg	**
Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Tart Cherry, Pear, Tomato, Cauliflower, Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	
CranRx® Cranberry fruit solids standardized to proanthocyanidins 100 mg	**
Digestive Enzyme Blend 100 mg	**
Concentrated enzyme formula (Protease I, Protease II, Amylase, Lactase, Peptidase, Cellulase, Invertase, Alpha Galactosidase, Lipase), Betaine HCl, Bromelain, Papain	
Flax Lignan Blend 100 mg	**
High Lignan Flax Fiber (seed), Flax Lignan Extract (seed hulls) standardized to 20% secoisolariciresinol diglycoside (SDG) lignan (1.9 mg)	
Hair, Skin & Nails Blend 100 mg	**
Horsetail Grass (aerial parts), MSM (methylsulfonylmethane), Tru-OPCs™ Grape Seed Extract standardized to 65% oligomeric procyanidins (6.5 mg)	
Organic Mushroom Mycelium Defense Blend 100 mg	**
Reishi (Ganoderma lucidum), Shiitake (Lentinula edodes), Oyster Mushroom (Pleurotus ostreatus), Enokitake (Flammulina velutipes), Maitake (Grifola frondosa), Yamabushitake (Hericium erinaceus), Agarikon (Fomitopsis officinalis), Chaga (Inonotus obliquus), Himematsutake (Agaricus brasiliensis/blaze), Kawaratake (Trametes versicolor), Mesima (Phellinus linteus), Zhu Ling (Grifola umbellata)	
Inositol 50 mg	**
Choline (as choline bitartrate) 30 mg	**
Citrus Bioflavonoid Complex 30 mg	**
(from orange, grapefruit, lemon, lime, tangerine) providing: Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones	
Rutin (Sophora japonica) flower bud extract 25 mg	**
Lutein (from marigold) 500 mcg	**

Other ingredients: vegetable cellulose, vegetable modified cellulose, vegetable stearic acid, vegetable modified cellulose gum, vegetable magnesium stearate, silica, vegetable glycerin

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Questions? 1-800-9NATURE / naturesway.com

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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.

GLUTEN FREE. No sugar, yeast, wheat, soy, artificial colors, flavors or preservatives. Safety sealed with printed outer shrinkwrap and inner seal. Do not use if either seal is broken or missing. Store at room temperature. Keep bottle tightly closed.

MAX Potency 3x Daily
The most potent, nutrient diverse Alive!®
Women's multi-vitamin with food-based blends:

- **Daily Greens™** blend providing amino acids
- **Orchard Fruits™/Garden Veggies™** blend
- **Hair/Skin/Nails** blend • **Flax Lignan** blend
- **CranRx®** fruit solids • **Digestive Enzyme** blend
- **Mushroom Mycelium Defense** blend
- **Citrus Bioflavonoid** complex



MAX B-Vitamins
to help convert food into energy*

Balanced for Women
to help support multiple body systems:

Bones*

Cells*

Digestion*

Eyes*

Heart*

Hair/Skin/Nails*

Immunity*

Metabolism*

*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Premium Formula

Alive!

Max³ Daily

Women's

MAX POTENCY

ENERGIZER™
MULTI-VITAMIN
Orchard Fruits™ / Garden Veggies™
& Daily Greens™ powder (600 mg),
Enzymes, Bioflavonoids

90 TABLETS • Multi-Vitamin Supplement

Recommendation: Take 3 tablets daily, preferably with food. Increase fluid intake during use. If you are pregnant, nursing, have a blood clotting disorder, have kidney dysfunction or taking any medications, consult a healthcare professional before use. Contains the amino acid phenylalanine. Do not exceed recommended use.

Supplement Facts		
Serving Size 3 Tablets / Servings Per Container 30		
Amount Per Serving	% DV	
Calories	10	
Total Carbohydrate	1 g	<1%†
Dietary Fiber	<1 g	4%†
Vitamin A (70% [7,000 IU] as beta carotene, 30% [3,000 IU] as retinyl acetate)	10,000 IU	200%
Vitamin C (ascorbic acid)	300 mg	500%
Vitamin D3 (as cholecalciferol)	1,000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Vitamin K1 (as phytonadione)	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	600 mcg	200%
Pantothenic Acid (as D-calcium pantothenate)	50 mg	500%
Calcium (from Aquamin® calcified mineral source Red Algae <i>Lithothamnion</i> sp. [whole plant])	400 mg	40%
Iron (as ferrous bisglycinate chelate)	18 mg	100%
Iodine (as potassium iodide and from kelp powder)	150 mcg	100%
Magnesium (as magnesium oxide, magnesium citrate and from Aquamin® calcified source Red Algae <i>Lithothamnion</i> sp. [whole plant])	200 mg	50%
Zinc (as zinc gluconate)	15 mg	100%
Selenium (as L-selenomethionine)	250 mcg	357%
Copper (as copper bisglycinate chelate)	2 mg	100%
Manganese (as manganese bisglycinate chelate)	5 mg	250%
Molybdenum (as sodium molybdate)	75 mcg	100%
Sodium	5 mg	<1%
Potassium (as potassium citrate)	50 mg	1%
Daily Greens™ Blend providing Amino Acids Spirulina, Kelp, Alfalfa (leaf, stem), Barley Grass, Blessed Thistle (stem, leaf, flower), Blue Green Algae (<i>Aphanizomenon flos-aquae</i>), Chlorella, Cilantro (leaf), Dandelion (leaf), Lemon Balm (leaf), Lemon Grass, Nettle (leaf), Plantain (leaf), Wheat Grass	400 mg	**



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