Nature's Way

Alive! Max³ Daily Multi-Vitamin MAX POTENCY

Orchard Fruits™ / Garden Veggies™ & Daily Greens™ powder (600 mg), Enzymes, Bioflavonoids, EFAs

30 TABLETS • *Multi-Vitamin Supplement*

Recommendation: Take 3 tablets daily, preferably with food. **Caution:** If pregnant, nursing, taking any medications or you have high blood pressure, consult a healthcare professional before use. Contains the amino acid phenylalanine. Not formulated for children. Do not exceed recommended use.

Supplement Facts

Serving Size 3 Tablets / Servings Per Container 10

Amount Per Serving		% DV
Calories	10	
Total Carbohydrate	2 g	<1%†
Dietary Fiber	<1 g	3%†
Vitamin A (67% [10,000 IU] as beta carotene and 33% [5,000 IU] as retinyl acetate)	15,000 IU	300%
Vitamin C (ascorbic acid)	1,000 mg	1,667%
Vitamin D3 (as cholecalciferol)	1,000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%
Vitamin K1 (as phytonadione)	80 mcg	100%
Thiamin (as thiamin mononitrate)	25 mg	1,667%
Riboflavin (Vitamin B2)	25 mg	1,471%
Niacin (as nicinamide)	125 mg	625%
Vitamin B6 (as pyridoxine HCl)	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)	237 mg	24%
Iron (as ferrous bisglycinate chelate)	18 mg	100%
Iodine (as potassium iodide and from kelp powder)	153 mcg	102%
Magnesium (as magnesium citrate, magnesium oxide)	125 mg	31%
Zinc (as zinc gluconate)	15 mg	100%
Selenium (as L-selenomethionine)	200 mcg	286%
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 (Aphanizomenon flos-aquae), Chlorella, Cilantro (leaf), Dandelion (leaf), Lemon Balm (leaf), Lemon Grass, Nettle (leaf), Plantain (leaf), Wheat Grass	400 mg	**
Amino Acids: Spirulina, Kelp, Alfalfa (leaf, stem), Barley Grass, Blessed Thistle (stem, leaf, flower), Blue Green Algae (Aphanizomenon flos-aquae), Chlorella, Cilantro (leaf), Dandelion (leaf), Lemon Balm (leaf), Lemon Grass, Nettle (leaf), Plantain (leaf), Wheat Grass	400 mg	**
Orchard Fruits™ / Garden Veggies™ Blend	200 mg	**
Lemon Balm (leaf, Lemon Grass, Nettle (leaf), Plantain (leaf), Wheat Grass		
Orchard Fruits™ / Garden Veggies™	200 mg	**
Blend: Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Açai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach		
Cardio Blend: Hawthorn (berry), Japanese Knotweed (root) standardized to 50% resveratrol (5 mg), Coenzyme Q10 (ubiquinone)	100 mg	**
Digestive Enzyme Blend: Concentrated enzyme formula (Protease I, Protease II, Amylase, Lactase, Peptidase, Cellulase, Invertase, Alpha Galactosidase, Lipase), Betaine HCl, Bromelain, Papain	100 mg	**
Omega 3/6/9 Fatty Acid Seed Blend: Flax Seed Powder, Sunflower Seed Powder	100 mg	**
Organic Mushroom Mycelium Defense Blend: Reishi (*Ganoderma lucidum*), Shiitake (*Lentinula edodes*), Oyster Hiratake (*Pleurotus ostreatus*), Enokitake (*Flammulina velutipes*), Maitake (*Grifola frondosa*), Yamabushitake (*Hericium erinaceus*), Agarikon (*Fomitopsis officinalis*), Chaga (*Inonotus obliquus*), Himematsutake (*Agaricus brasiliensis/blazei*), Kawaratake (*Trametes versicolor*), Mesima (*Phellinus linteus*), Zhu Ling (*Grifola umbellata*)	60 mg	**
Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine) providing Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones	60 mg	**
Eleuthero (*Eleutherococcus senticosus*) root	50 mg	**
Inositol	50 mg	**
Choline (as choline bitartrate)	30 mg	**
Rutin (*Sophora japonica*) flower bud extract	25 mg	**
Lutein (from Aztec marigold) (*Eleutherococcus senticosus*) root	500 mcg	
Lutein (from Aztec marigold)	500 mcg	

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

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

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

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

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.

LN10620.C01 BLK 8005C

Multi-Vitamin

MAX POTENCY

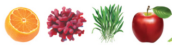
LBN10620.C01 BLK8005C

0 33674 10620 4

MAX Potency 3x Daily

The most potent, nutrient diverse Alive!® multi with food-based blends:

- ***Daily Greens™*** *blend providing amino acids*
- ***Orchard Fruits™/Garden Veggies™*** *blend*
- ***Cardio*** *blend* • ***Digestive Enzyme*** *blend*
- ***Omega 3/6/9 Fatty Acid*** *seed blend*
- ***Mushroom Mycelium Defense*** *blend*
- ***Citrus Bioflavonoid*** *complex*



MAX B-Vitamins

to help convert food into energy

Whole Body Nutrition

for men and women to help support:

Premium Formula

Nature's Way

Alive! Max³ Daily Multi-Vitamin MAX POTENCY

ENERGIZER™ *with Food Based blends*

Orchard Fruits™ / Garden Veggies™ & Daily Greens™ *powder (600 mg), Enzymes, Bioflavonoids, EFAs*

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