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

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Green Bay, WI 54311 USA
Questions? 1-800-9NATURE / naturesway.com
Aquamin® is a registered trademark of Marigot Limited.

GLUTEN FREE. No sugar, yeast, wheat, soy, artificial colors, flavors or preservatives.

Keep out of reach of children. 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.

LN15542.B01 BLK8637B

Supplement Facts

Serving Size 3 Tablets / Servings Per Container 30

Amount Per Serving		% DV
Calories	10	
Total Carbohydrate	2 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)	120 IU	400%
Vitamin K1 (as phytonadione)	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	108%
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 (as potassium iodide and from kelp powder)	150 mcg	100%
Magnesium (as magnesium oxide, magnesium citrate and from Aquamin® calcified mineral source Red Algae *Lithothamnion sp.* [whole plant])	125 mg	31%
Zinc (as zinc gluconate)	30 mg	200%
Selenium (as L-selenomethionine)	250 mcg	357%
Copper (as copper bisglycinate chelate)	4 mg	200%
Manganese (as manganese bisglycinate chelate)	5 mg	250%
Molybdenum (as sodium molybdate)	75 mcg	100%
Sodium	15 mg	<1%
Potassium (as potassium citrate)	50 mg	1%
Daily Greens™ Blend providing:	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		
Orchard Fruits™ / Garden Veggies™ Blend: Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Tart Cherry, Pear, Tomato, Cauliflower, Raspberry, Açai, Asparagus, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	200 mg	**
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	**
Energy & Endurance Blend: Siberian Eleuthero *(Eleutherococcus senticosus)* (root), Rhodiola Rosea Extract (root) standardized to 3% rosavins (0.45 mg) and 1% salidroside (0.15 mg), Korean Ginseng Extract (root), Gotu Kola (stem, leaf)	100 mg	**
Men's Blend: Saw Palmetto (berry), Tomato Extract (fruit) providing 2 mg of lycopene	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)*	100 mg	**
Inositol	50 mg	**
Choline (as choline bitartrate)	30 mg	**
Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine) providing: Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones	30 mg	**
Rutin *(Sophora japonica)* flower bud extract	25 mg	**
Lutein (from marigold)	500 mcg	**

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

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

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MAX Potency 3x Daily

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

- ***Daily Greens™*** *blend providing amino acids*
- ***Orchard Fruits™/Garden Veggies™*** *blend*
- ***Men's*** *blend* • ***Energy & Endurance*** *blend*
- ***Cardio*** *blend* • ***Digestive Enzyme*** *blend*
- ***Mushroom Mycelium Defense*** *blend*
- ***Citrus Bioflavonoid*** *complex*

MAX B-Vitamins

*to help convert food into energy**

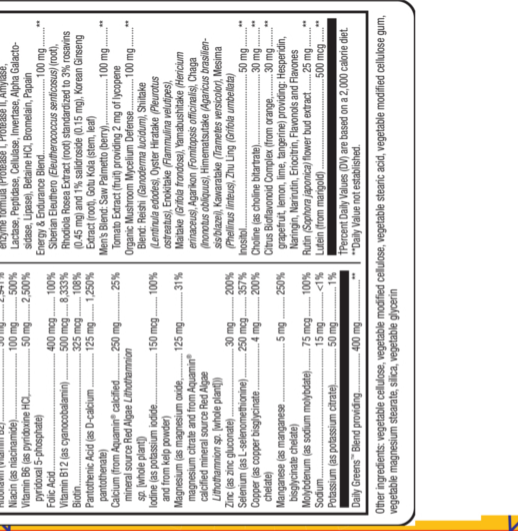
Balanced for Men

to help support multiple body systems:

Bones* Cells* Digestion* Eyes*

Heart* Immunity* Metabolism* Muscles*

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



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