

**Recommendation:** Take 6 capsules daily, preferably with food. If pregnant, nursing, taking any medications or have high blood pressure, consult a healthcare professional before use. Contains the amino acid phenylalanine. Not formulated for children. Do not exceed recommended use.

**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.

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Green Bay, WI 54311 USA

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

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

◆ LN15090.C02 BLK8058C

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.

# Nature's Way Alive!Max<sup>6</sup> Daily

## Multi-Vitamin

### MAX POTENCY

Orchard Fruits™ / Garden Veggies™  
& Daily Greens™ powder (600 mg)

90 VEG CAPSULES - Multi-Vitamin Supplement

### Supplement Facts

Serving Size 6 Capsules / Servings Per Container 15

| Amount Per Serving                                           | % DV |
|--------------------------------------------------------------|------|
| <b>Calories</b> .....10                                      |      |
| <b>Total Carbohydrate</b> .....2 g                           | <1%  |
| Vitamin A (67% [10,000 IU] as ..... 15,000 IU..... 300%      |      |
| beta carotene, 33% [5,000 IU] as retinyl acetate)            |      |
| Vitamin C (ascorbic acid)..... 1,000 mg..... 1,667%          |      |
| Vitamin D (as ergocalciferol)..... 1,000 IU..... 250%        |      |
| Vitamin E (as d-alpha tocopheryl ..... 200 IU..... 667%      |      |
| succinate)                                                   |      |
| Vitamin K1 (as phytylisdione)..... 80 mcg..... 100%          |      |
| Thiamin (as thiamin mononitrate)..... 25 mg..... 1,667%      |      |
| Riboflavin (Vitamin B2)..... 25 mg..... 1,471%               |      |
| Niacin (as niacinamide)..... 125 mg..... 625%                |      |
| Vitamin B6 (as pyridoxine HCl ..... 50 mg..... 2,500%        |      |
| pyridoxal 5-phosphate)                                       |      |
| Folic Acid..... 400 mcg..... 100%                            |      |
| Vitamin B12 (as cyanocobalamin) ..... 200 mcg..... 3,333%    |      |
| Biotin..... 325 mcg..... 108%                                |      |
| Pantothenic Acid (as D-calcium ..... 125 mg..... 1,250%      |      |
| pantothenate)                                                |      |
| Calcium (as carbonate/citrate) ..... 250 mg..... 25%         |      |
| Iron (as ferrous bisglycinate chelate) ..... 18 mg..... 100% |      |
| Iodine (as potassium iodide ..... 150 mcg..... 100%          |      |
| and from kelp powder)                                        |      |
| Magnesium (as magnesium oxide ..... 125 mg..... 31%          |      |
| magnesium citrate)                                           |      |
| Zinc (as zinc gluconate) ..... 15 mg..... 100%               |      |
| Selenium (as L-selenomethionine) ..... 200 mcg..... 286%     |      |
| Copper (as copper bisglycinate ..... 2 mg..... 100%          |      |
| chelate)                                                     |      |
| Manganese (as manganese ..... 5 mg..... 250%                 |      |
| bisglycinate chelate)                                        |      |
| Molybdenum (as sodium molybdate) ..... 75 mcg..... 100%      |      |
| Potassium (as potassium citrate) ..... 50 mg..... 1%         |      |
| <b>Daily Greens™</b> Blend providing ..... 400 mg..... **    |      |
| Amino Acids: Spinulina, Kelp, Alfalfa (leaf, stem), Barley   |      |
| Grass, Blessed Thistle (stem, leaf, flower), Blue Green      |      |

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

### Amount Per Serving

| Amount Per Serving                                                                                                                                                                                                                                                                                                                                                                                     | % DV |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| Algae (Aphanizomenon flos-aquae), Chlorrella, Cilantro (leaf), Dandelion (leaf), 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, Tart Cherry, Pear, Tomato, Cauliflower, Raspberry, Acai, Acai, Agave, Banana, Broccoli, Brussels Sprout, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach                                                                                                                                            |      |
| Cardio Blend: Hawthorn (berry)..... 100 mg..... **                                                                                                                                                                                                                                                                                                                                                     |      |
| Japanese Knotweed (root) standardized to 50% resveratrol (5 mg), Coenzyme Q10 (ubiquinol) ..... 100 mg..... **                                                                                                                                                                                                                                                                                         |      |
| Digestive Enzyme Blend                                                                                                                                                                                                                                                                                                                                                                                 |      |
| Concentrated enzyme formula (Protease I, Protease II, Amylase, Lactase, Papainase, Cellulase, Invertase, Alpha Galactosidase, Lipase), Betaine HCl, Bromelain, Papain                                                                                                                                                                                                                                  |      |
| Omega 3/6/9 Fatty Acid Seed Blend ..... 100 mg..... **                                                                                                                                                                                                                                                                                                                                                 |      |
| Flax Seed Powder, Sunflower Seed Powder                                                                                                                                                                                                                                                                                                                                                                |      |
| Organic Mushroom Mycelium Defense ..... 100 mg..... **                                                                                                                                                                                                                                                                                                                                                 |      |
| Blend: Reishi (Ganoderma lucidum), Shiitake (Lentinula edodes), Oyster Heritake (Pleurotus ostreatus), Enokitake (Flammulina velutipes), Matsutake (Gyrophorus mimosus), Yamabushitake (Hericium erinaceus), Agarikon (Fomitopsis officinalis), Chaga (Inonotus obliquus), Himematsutake (Agaricus brasiliensis), Kava (Piperaceae versicolor), Mesima (Phellinus linteus), Zhu Ling (Gyria umbellata) |      |
| Citrus Bioflavonoid Complex ..... 60 mg..... **                                                                                                                                                                                                                                                                                                                                                        |      |
| (from orange, grapefruit, lemon, lime, tangerine) providing: Hesperidin, Naringin, Narirutin, Eriodictin, Flavonols and Flavones                                                                                                                                                                                                                                                                       |      |
| Inositol ..... 50 mg..... **                                                                                                                                                                                                                                                                                                                                                                           |      |
| Siberian Eleuthero (Eleutherococcus ..... 50 mg..... **                                                                                                                                                                                                                                                                                                                                                |      |
| amurensis) (root)                                                                                                                                                                                                                                                                                                                                                                                      |      |
| Citrus (as choline bitartrate) ..... 30 mg..... **                                                                                                                                                                                                                                                                                                                                                     |      |
| Rutin (Sophora japonica) flower bud extract ..... 25 mg..... **                                                                                                                                                                                                                                                                                                                                        |      |
| Lutein (from marigold) ..... 500 mcg..... **                                                                                                                                                                                                                                                                                                                                                           |      |

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Other ingredients: plant-derived capsule (modified cellulose), vegetable magnesium stearate, silica