

Amount per Serving	% DV†
Lemongrass (<i>Cymbopogon citratus</i>) (aerial parts), Nettle (<i>Urtica</i> spp.) (leaf), Plantain (leaf), Wheat (grass)	
Orchard Fruits™ & Garden Veggies™ Powder Blend:	200 mg **
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) Extract, Coenzyme Q10 (ubiquinone-10)	100 mg **
Mushroom Mycelial & Primordia Biomass Defense Blend:	100 mg **
Organic Reishi, Organic Shiitake, Organic Hiratake, Organic Enokitake, Organic Maitake, Organic Yamabushitake, Organic Agarikon, Organic Chaga, Organic Himematsutake, Organic Kawaratake (<i>Trametes versicolor</i>), Organic Mesima, Organic Zhu Ling	
Omega 3/6/9 Fatty Acid Seed Blend:	100 mg **
Flax (seed), Sunflower (seed)	
Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine)	60 mg **
Eleuthero (root)	50 mg **
Inositol	50 mg **
Digestive Enzyme Blend:	35 mg **
Betaine HCl, Bromelain, Papain	
Rutin (from <i>Sophora japonica</i> [flower bud] Extract)	25 mg **
Lutein (from Aztec Marigold [flower] Extract)	500 mcg **

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

Other ingredients: cellulose, stearic acid, sodium croscarmellose, hypromellose, silica, magnesium stearate, glycerin, gelatin, brown rice

FREE FROM gluten and artificial colors.

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

Quatrefolic® is a registered trademark of Gnosis S.p.A.
U.S. Patent No. 7,947,662.

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Green Bay, WI 54311 USA

Bottled and tested in the USA

Questions? 1-800-962-8873 / naturesway.com

MAX POTENCY Complete Multivitamin

with 22 vitamins
& minerals



200% or more Daily Value
of 12 vitamins and minerals
per 3-tablet serving



Vitamins and minerals
to fill nutrient gaps including
active forms methyl B12 and
methyl folate



6 plant-based blends including
Daily Greens™, Mushroom
Defense, Omega 3/6/9, and
Citrus Bioflavonoid blends



200 mg Orchard Fruits™
& Garden Veggies™ powder
blend per 3-tablet serving



No added iron

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NO ADDED
IRON

Nature's
way

Alive!

MAX³ POTENCY

Adult Complete Multivitamin

Supports
Energy Metabolism,
Heart & Muscle Function*

Ultra Potent B-Vitamins
& 6 Plant-Based Blends

90 TABLETS - MULTIVITAMIN SUPPLEMENT

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Recommendation: Adults take 3 tablets daily, preferably with food. Not formulated for children. Do not exceed recommended dose.
Warning: Do not take if you are pregnant or nursing. If you have a blood clotting issue, or if you are taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 3 Tablets / Servings per Container 30

Amount per Serving		% DV†
Calories	10	
Total Carbohydrate	2 g	1%†
Vitamin A (as 67% [1,809 mcg] beta-carotene, 33% [891 mcg] retinyl acetate)	2,700 mcg	300%
Vitamin C (ascorbic acid)	900 mg	1,000%
Vitamin D3 (as cholecalciferol)	50 mcg	250%
Vitamin E (as d-alpha tocopheryl succinate)	100 mg	667%
Vitamin K (as phytonadione)	120 mcg	100%
Thiamin (as thiamin mononitrate)	20 mg	1,667%
Riboflavin	20 mg	1,538%
Niacin (as niacinamide)	100 mg	625%
Vitamin B6 (as pyridoxine HCl)	20 mg	1,176%
Folate	400 mcg DFE	100%
	(418 mcg Quatrefolic® brand (6S)-5-methyltetrahydrofolate glucosamine salt)	
Vitamin B12 (as methylcobalamin)	80 mcg	3,333%
Biotin	33 mcg	110%
Pantothenic Acid (as D-calcium pantothenate)	63 mg	1,260%
Choline (as choline bitartrate)	30 mg	5%
Calcium (as calcium citrate, carbonate, D-calcium pantothenate)	325 mg	25%
Iodine (as potassium iodide, from kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	130 mg	31%
Zinc (as zinc gluconate)	11 mg	100%
Selenium (as L-selenomethionine)	158 mcg	287%
Copper (as copper bisglycinate)	0.9 mg	100%
Manganese (as manganese bisglycinate)	5.8 mg	252%
Molybdenum (as sodium molybdate)	45 mcg	100%
Sodium	10 mg	<1%

Daily Greens™ Blend: Spirulina, Kelp, Barley (grass), 400 mg **
Blessed Thistle (stem, leaf, flower), Blue-Green Algae
(*Aphanizomenon flos-aquae*), Chlorella, Cilantro (leaf),
Dandelion (aerial parts), Lemon Balm (leaf),