Amount Per Serving		% DV
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, Qucumber, Grape, Pea, Pineapple, Pumpkin, Spinach	200 mg	**
CranRx® Cranberry fruit solids standardized to proanthocyanidins	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	*
Flax Lignan Blend High Lignan Flax Fiber (seed), Flax Lignan Extract (seed hulls) standardized to 20% secoisolariciresinol diglycoside (SDG) lignan (1.9 mg)	100 mg	**
Hair, Skin & Nails Blend Horsetail Grass (aerial parts), MSM (methylsulfonylmethane), Tru-OPCS™ Grape Seed Extract standardized to 65% oligomeric procyanidins (6.5 mg)	100 mg	**
Organic Mushroom Mycelium Defense Blend Reishi (Ganoderma Lucium), Shilitake (Lentinula edodes), Oyster Hiratake (Pleurotus ostreatus), Enokitake (Flammulina velutipes), Maltake (Grifola frondosa), Yamabushitake (Hericium erinaceus), Agarikon (Fomitopsis officinalis), Chaga (Innotius olüliquus), Himematsutake (Agaricus brasiliensis/blazel), Kawaratake (Trametes versicolor), Mesima (Phellinus linteus), Zhu Lin (Grifola umbellata)	100 mg	**
Inositol	50 ma	**
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	**

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

@2015 Nature's Way Brands, LLC, Green Bay, WI 54311 USA Questions? 1-800-9NATURE / naturesway.com Aguamin® is a registered trademark of Marigot Limited.

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.

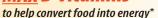
GLUTEN FREE. No sugar, yeast, wheat, soy, artificial colors, flavors or preservatives. Safety sealed with printed outer shrinkwrap and inner seal. Do not use if either seal is broken or missing. Store at room temperature. Keep bottle tightly closed.

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





Balanced for Women

to help support multiple body systems:









Bones^{*}

Diaestion³









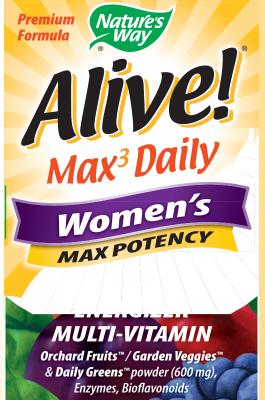
Heart'

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.



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		% D
Calories	10	
Total Carbohydrate	1 g	<1%
Dietary Fiber	<1 g	4%
Vitamin A (70% [7,000 IU] as beta carotene,	10,000 IU	2009
30% [3,000 IU] as retinyl acetate)		
Vitamin C (ascorbic acid)	300 mg	5009
Vitamin D3 (as cholecalciferol)	1,000 IU	2509
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	3339
Vitamin K1 (as phytonadione)	100 mcg	1259
Thiamin (as thiamin mononitrate)	25 mg	1,6679
Riboflavin (Vitamin B2)	25 mg	1,4719
Niacin (as niacinamide)	100 mg	5009
Vitamin B6 (as pyridoxine HCl/pyridoxal 5-phosphate)	100 mg	5,0009
Folic Acid	800 mcg	2009
Vitamin B12 (as cyanocobalamin)	225 mcg	3,7509
Biotin	600 mcg	2009
Pantothenic Acid (as D-calcium pantothenate)	50 mg	5009
Calcium (from Aquamin® calcified mineral source	400 mg	409
Red Algae Lithothamnion sp. [whole plant])		
Iron (as ferrous bisglycinate chelate)	18 mg	1009
lodine (as potassium iodide and from kelp powder)	150 mcg	1009
Magnesium (as magnesium oxide, magnesium citrate	200 mg	509
and from Aquamin® calcified source Red Algae		
Lithothamnion sp. [whole plant])		
Zinc (as zinc gluconate)	15 mg	1009
Selenium (as L-selenomethionine)	250 mcg	3579
Copper (as copper bisglycinate chelate)	2 mg	1009
Manganese (as manganese bisglycinate chelate)	5 mg	2509
Molybdenum (as sodium molybdate)	75 mcg	1009
Sodium	5 mg	<19
Potassium (as potassium citrate)	50 mg	19
Daily Greens™ Blend providing Amino Acids	400 ma	

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