



# PRODUCT DATA SHEET

# MAX MULTI

## Comprehensive Multivitamin/ Mineral Complex to Support Women's Health†



Size: 60 Capsules | Serving Size: 2 Capsules | Servings Per Container: 30

### Key Features and Benefits:

- Uniquely Comprehensive Multi-Vitamin, Multi-Mineral and Nutraceutical Complex to Support Women's Health†
- Delivers 25 Essential Vitamins & Minerals Including 1,600 IU Vitamin D3
- Delivers a PhytoBalance Blend for Healthy Antioxidant Support and to Combat Oxidative Stress†
- Enhanced with Feminine Blend for Bone, Cardiovascular, Eye, Breast and Emotional Support†
- The June 2002 issue of the Journal of the American Medical Association (JAMA) reports that: "Most people do not consume an optimal amount of all vitamins by diet alone. Pending strong evidence of effectiveness from randomized trials, it appears prudent for all adults to take vitamin supplements."
- Provides major and trace minerals often difficult to obtain through diet. These minerals are delivered in special amino acid chelate forms for optimal bioavailability and assimilation.
- The Organic PhytoBalance Blend provides a comprehensive array of the most healthy and protective organic berry ingredients. Richly colored berries including Maqui Berry, Blackberry, Acerola Berry, Blueberry, Strawberry, Raspberry, Goji Berry, Cranberry and Yumberry delivers powerful protective antioxidant properties to combat daily oxidative stress†
- The Feminine Blend contains a collection of well-established nutraceuticals to support the needs of women including Green Tea, Black Cohosh and Dong Quai.
- Contains Lutein, Lycopene and Zeaxanthin that are unique and powerful carotenoids to protect and support the health of skin, eyes, joints, immune system and cardiovascular system.†
- Choline has many biochemical functions and is essential for the synthesis of cell membranes. Highly concentrated in the brain, choline functions in the synthesis of phosphatidylcholine and the neurotransmitter acetylcholine.
- Inositol is an essential component of cell membrane phospholipids and is highly concentrated in the brain and liver providing numerous important biochemical and physiological functions.
- May be taken throughout the day to individualize delivery and absorption times, coinciding with periods in which additional vitamins and minerals are needed, such as immediately following exercise.
- Easy-to-swallow capsules that quickly dissolve for maximal nutrient assimilation.

### Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV*
Vitamin A (as beta-carotene and Vitamin A palmitate)	5,000 IU	100%
Vitamin C (as ascorbic acid)	200 mg	333%
Vitamin D3 (as cholecalciferol)	1,600 IU	400%
Vitamin E (as succinate)	30 IU	100%
Vitamin K (as phytonadione)	80 mcg	100%
Thiamin (as thiamin hydrochloride)	50 mg	3333%
Riboflavin	50 mg	2941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine hydrochloride)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	50 mcg	833%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium pantothenate)	50 mg	500%
Calcium (as calcium carbonate)	200 mg	20%
Iron (as amino acid chelate)	18 mg	100%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc oxide)	15 mg	100%
Selenium (as selenomethionine)	200 mcg	285%

### Supplement Facts (continued)

	Amount Per Serving	%DV*
Copper (as amino acid chelate)	2 mg	100%
Manganese (as amino acid chelate)	2 mg	100%
Chromium (as amino acid chelate)	120 mcg	100%
Molybdenum (as amino acid chelate)	75 mcg	100%
Boron (as citrate)	2 mg	**
Vanadium (as vanadyl sulfate)	10 mcg	**
<b>Organic PhytoBalance Blend</b>	50 mg	**
Maqui Berry Powder, Blackberry Powder, Acerola Extract, Blueberry Powder, Strawberry Powder, Raspberry Powder, Goji Berry Extract, Yumberry Powder, Cranberry Powder		
<b>Feminine Blend</b>	100 mg	**
Green Tea (Camellia sinensis), Black Cohosh (Stem and Root), Dong Quai (Root)		
Alpha Lipoic Acid	25 mg	**
Choline (as choline bitartrate)	10 mg	**
Inositol	10 mg	**
Zeaxanthin	190 mcg	**
Lutein	950 mcg	**
Lycopene	950 mcg	**

\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\*Daily value not established

**Directions:** As a dietary supplement, take 2 capsules daily with food.

**Other Ingredients:** Magnesium Stearate, Rice Powder, Silicon Dioxide, Gelatin Capsule.

**WARNING:** Consult your physician prior to using this product if you are pregnant, nursing or taking medications or have a medical condition. Discontinue use and call a physician immediately if you experience unexpected side effects. Discontinue use two weeks prior to surgery.

**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.

**STORE IN A COOL, DRY PLACE IN THE ORIGINAL CONTAINER AWAY FROM MOISTURE AND SUNLIGHT. ALWAYS KEEP TIGHTLY SEALED. KEEP OUT OF REACH OF CHILDREN.**

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

### KEY FEATURES

- 25 Essential Vitamins & Minerals Including 1,600 IU Vitamin D3
- Delivers a PhytoBalance Blend for Healthy Antioxidant Support and to Combat Oxidative Stress†
- Enhanced with Feminine Blend for Bone, Cardiovascular, Eye, Breast and Emotional Support†

### TARGET MARKET

Women looking for an advanced and comprehensive multi-vitamin, multi-mineral and nutraceutical supplement for optimal wellness.

### RECOMMENDED STACK

- Maxpro
- Max Glutamine
- Max EFA

YOUR ASSURANCE OF QUALITY®

