

Supplement Facts		
Serving Size 3 Tablets		
Servings Per Container 30		
Amount Per Serving		%Daily Value
Vitamin A (as Beta-Carotene)	10,000 IU	200%
Vitamin C (as Ascorbic Acid and Ester-C® Calcium Ascorbate)	500 mg	833%
Vitamin D (as D3 Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	200 IU	667%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	3,333%
Riboflavin (Vitamin B-2) (as Riboflavin 5' Phosphate)	50 mg	2,941%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2,500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin (as d-Biotin)	400 mcg	133%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	500%
Calcium (as Calcium Carbonate and Calcium Citrate)	500 mg	50%
Iodine (from Kelp)	75 mcg	50%
Magnesium (as Magnesium Oxide and Magnesium Citrate)	250 mg	63%
Zinc (as Zinc Citrate)	25 mg	167%
Selenium (as L-Selenomethionine)	50 mcg	71%
Copper (as Copper Gluconate)	1 mg	50%
Manganese (as Manganese Gluconate)	5 mg	250%
Chromium (as Chromium Picolinate)	50 mcg	42%
Potassium (as Potassium Citrate)	49.5 mg	1%
Boron (as Boron Citrate)	1 mg	**
Methionine	18.75 mg	**
Inositol	37.5 mg	**
PABA (Para-Aminobenzoic Acid)	37.5 mg	**
Choline Bitartrate	37.5 mg	**
Rutin	25 mg	**
Citrus Bioflavonoids (<i>Citrus limon</i>) (fruit)	150 mg	**
Hesperidin Complex (<i>Citrus sinensis</i>) (fruit)	25 mg	**
Betaine Hydrochloride	25 mg	**
Bromelain	8.25 mg	**
Papain	8.25 mg	**
Eleuthero Root (<i>Eleutherococcus senticosus</i>)	25 mg	**
L-Glutamine	10 mg	**
L-Taurine	5 mg	**
Probiotic Complex (L-Acidophilus, L-Bulgaricus and B-Bifidum)	12.5 mg	**
Coenzyme Q-10	3 mg	**
Bee Pollen	16.5 mg	**

Amount Per Serving	%Daily Value
Spirulina/Chlorella (Chlorophyllins)	30 mg **
Bee Propolis	16.5 mg **
L-Glutathionine	10 mg **
Wheat Grass/Barley Grass (Chlorophyllins)	30 mg **
Borage Oil and Fish Oil (containing Omega-3 and Omega-6 Lipids)	233 mg **
Royal Jelly	3 mg **
Licorice Extract (Glycyrrhizin) (<i>Glycyrrhiza glabra</i>) (root)	12.5 mg **
Bilberry Extract (Anthocyanins) (<i>Vaccinium myrtillus</i>) (fruit)	12.5 mg **
Pycnogenol® (<i>Pinus pinaster</i>) (French Maritime Pine Bark Extract)	5 mg **
Echinacea/Goldenseal (Echinacosides) (<i>Echinacea angustifolia</i>) (root)/(<i>Hydrastis canadensis</i>) (root)	30 mg **
Garlic (<i>Allium sativum</i>) (bulb)	55 mg **
Polyphenol Complex (Red Wine Extract, Green Tea Extract (<i>Camellia sinensis</i>) (leaf))	15 mg **
Vegetable Complex (From Beets, Yams, Celery, Brussels Sprouts, Carrots, Cauliflower, Broccoli)	50 mg **
Citrus Complex (From Lemon, Orange, Lime, Grapefruit)	50 mg **
Mushroom Complex (From Maitake, Reishi, Shiitake)	15 mg **
Vitamin Co-Factor Complex (Pyridoxal 5' Phosphate (Vitamin B-6 Co-Factor) and Pantethine (Pantothenic Acid Co-Factor))	3,330 mcg (3.3 mg) **
Lycopene	1,000 mcg (1 mg) **
Lutein (Purified from Extracted Marigolds)	1,000 mcg (1 mg) **
Alpha Lipoic Acid	1,000 mcg (1 mg) **
Tocotrienol Complex	1,599 mcg (1.5 mg) **
Men's Bioactive Complex (Saw Palmetto Extract (<i>Serenoa repens</i>) (fruit), Cranberry Juice Extract (<i>Vaccinium macrocarpon</i>) (fruit), Pygeum Extract (<i>Pygeum africanum</i>) (bark) (Standardized to contain 12% Sterols), Pumpkin (<i>Cucurbita pepo</i>) (seed), Rhodiola (<i>Rhodiola rosea</i>) (root))	100 mg **

**Daily Value not established.

OTHER INGREDIENTS: Vegetable Cellulose, Calcium Silicate, Gelatin, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Red Cabbage, Titanium Dioxide.

Contains milk, wheat and fish (anchovy, sardine) ingredients.

No Yeast, No Egg, No Sugar, No Artificial Flavor, No Sodium.

*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.

AMERICAN HEALTH®

More
THAN A MULTIPLE™

WHOLE FOOD
CONCENTRATES

MULTIVITAMIN FOR MEN

Part No. 22-14810

AMERICAN HEALTH®

More
THAN A MULTIPLE™

WHOLE FOOD
CONCENTRATES

MULTIVITAMIN FOR MEN

8 HOUR
TIMED
RELEASE

OMEGA 3 & 6 LIPIDS
ZINC & SELENIUM
MEN'S BIOACTIVE COMPLEX

90 TABLETS

DIETARY SUPPLEMENT

Prod No. 14810

More Than A Multiple™ For Men is an energy-rich mega-potency multivitamin developed on the principle that concentrates derived from whole foods are really the best approach to proper nutrition in a supplement form. In addition to essential vitamins and minerals, More Than A Multiple™ For Men supplies your body with naturally occurring nutrients from whole foods not found in many supplements. These energy-rich whole foods work synergistically with other nutrients to provide extra nutritional support in one convenient formula.

Whole Food Concentrates

Phytonutrients

Amino Acids

Herbs

Minerals

Vitamins

More Than A Multiple™ For Men features a proprietary Bioactive Complex specifically developed for a man's physiology in an exclusive 8 hour timed-release formula. You can count on More Than A Multiple™ For Men for immediate and extended nutritional support hour after hour!

This mega-potency men's multivitamin featuring energy-rich whole food concentrates contains:

- Over 40 vitamins, minerals, amino acids, phytonutrients, enzymes, bioflavonoids and herbs that work together to promote overall good health*
- Omega-3 and Omega-6 lipids, essential for balanced health*
- Natural whole food vegetable concentrate, citrus and mushroom complexes
- All the nutritional support you need daily for optimum wellness*

Directions: For adult men, take three (3) tablets daily, preferably before meals.

WARNING: This product is intended for use by men and is not intended for use by women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to bees, bee products, sunflowers or daisy-like flowers. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Pycnogenol® is a reg. TM of Horphag Research Management S.A.; U.S. Patent Nos. 5,720,956; 6,372,266.

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