

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	500 mg	833%
(as Ascorbic Acid, Ester-C® Calcium Ascorbate, Boron Ascorbate, Ascorbyl Palmitate, Potassium Ascorbate, Magnesium Ascorbate, Zinc Ascorbate, Manganese Ascorbate)		
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E	200 IU	667%
(as d-Alpha Tocopheryl Acid Succinate)		
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	37.5 mg	2,500%
Riboflavin (Vitamin B-2) (as Riboflavin 5' Phosphate)	37.5 mg	2,206%
Niacin (as Niacinamide and Inositol Hexanicotinate)	37.5 mg	188%
Vitamin B-6 (as Pyridoxine Hydrochloride)	37.5 mg	1,875%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	37.5 mcg	625%
Biotin (as d-Biotin)	400 mcg	133%
Pantothenic Acid (as d-Calcium Pantothenate)	37.5 mg	375%
Calcium	500 mg	50%
(as Calcium Carbonate, Dicalcium Phosphate, d-Calcium Pantothenate, Ester-C® Calcium Ascorbate, Calcium Histidinate, Calcium Aspartate, Calcium Citrate, Calcium Ketoglutarate, Calcium Malate, Calcium Fumarate, Calcium Succinate and Calcium Gluconate)		
Iodine (from Kelp)	75 mcg	50%
Magnesium	250 mg	63%
(as Magnesium Oxide, Aspartate, Succinate, Citrate, Malate, Ketoglutarate, Fumarate, Gluconate, Histidinate and Ascorbate)		
Zinc	25 mg	167%
(as Zinc Citrate, Ketoglutarate, Malate, Succinate, Fumarate, Ascorbate, Histidinate, Picolinate, Aspartate, Monomethionine and Gluconate)		
Selenium (as Selenomethionine)	50 mcg	71%
Copper (as Copper Gluconate)	1 mg	50%
Manganese	5 mg	250%
(as Manganese Gluconate, Succinate, Histidinate, Aspartate, Citrate, Amino Acid Chelate and Ascorbate)		
Chromium (as Chromium Picolinate)	50 mcg	42%
Potassium	49.5 mg	1%
(as Potassium Citrate, Fumarate, Succinate, Malate, Ascorbate, Aspartate and Gluconate)		
Boron Complex	1 mg	**
(as Boron Aspartate, Boron Citrate and Boron Ascorbate)		
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 (Citrus limon) (fruit)	150 mg	**
Hesperidin (Citrus sinensis) (fruit)	25 mg	**
Betaine Hydrochloride	25 mg	**

Amount Per Serving	%Daily Value
Bromelain	8.25 mg **
Papain	8.25 mg **
Eleuthero Root (<i>Eleutherococcus senticosus</i>)	25 mg **
N-Acetyl-Cysteine	15 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 **
Spirulina/Chlorella (Chlorophyllins)	30 mg **
Bee Propolis	16.5 mg **
L-Glutathione	10 mg **
Wheat Grass/Barley Grass (Chlorophyllins)	30 mg **
Borage Oil (containing Omega-6 Lipids)	123 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>) (Maritime Pine Bark Extract)	5 mg **
Echinacea/Goldenseal (<i>Echinacosides</i>) (<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 Pantothenic Acid Co-Factor)	2,500 mcg (2.5 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) **
Tocotrienols	1,250 mcg (1.25 mg) **

** Daily Value not established.

Other Ingredients: Vegetable Cellulose, Calcium Silicate, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Red Cabbage, Titanium Dioxide Color, Saffron.

No Yeast, No Milk or Milk Derivatives, No Lactose, No Egg, No Sugar, No Preservatives, No Artificial Flavor, No Sodium.
Suitable for Vegetarians

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

Ester-C® is a licensed TM of The Ester C Company; U.S. Pat. Nos. 6,197,813 and 6,878,744.

AMERICAN HEALTH

More THAN A MULTIPLE™

WHOLE FOOD
CONCENTRATES

IRON-FREE/VEGETARIAN FORMULA

AMERICAN HEALTH

More THAN A MULTIPLE™

WHOLE FOOD
CONCENTRATES

IRON-FREE/VEGETARIAN FORMULA

8 HOUR
TIMED
RELEASE

LIPOTROPIC & ENZYME FACTORS
HERBS & TRACE MINERALS
VITAMINS & MINERALS



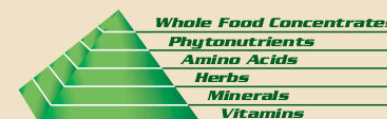
90 TABLETS

DIETARY SUPPLEMENT

Part No. 22-06456

Prod No. 6455

More Than A Multiple™ Iron-Free Vegetarian Formula 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™ 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.



With More Than A Multiple™'s exclusive 8 hour timed-release formula, your body receives both immediate and extended nutritional support hour after hour!

This mega-potency iron-free vegetarian multivitamin featuring energy-rich whole food concentrates contains:

- Over 50 vitamins, minerals, amino acids, phytonutrients and herbs that work together to promote overall good health*
- Lipotropic and enzyme factors, vitamins and trace minerals provide balanced health benefits for nutritional well-being*
- Natural whole food vegetable concentrate, citrus and mushroom complexes
- All the nutritional completeness you need daily for optimum wellness, from an iron-free multivitamin*

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

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or planning any medical procedure, 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.

*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.

Carefully Manufactured by AMERICAN HEALTH, INC.

Ronkonkoma, NY 11779 U.S.A. 800-445-7137

Visit www.AmericanHealthUS.com for our complete line of products

© 2011 American Health, Inc.

B19504 10E

