

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 (as d-Alpha Tocopheryl Acid Succinate)	200 IU 667%
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)	75 mg 3,750%
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, d-Calcium Pantothenate, Dicalcium Phosphate, Ester-C® Calcium Ascorbate, Calcium Aspartate, Calcium Citrate, Calcium Ketoglutarate, Calcium Malate, Calcium Fumarate, Calcium Succinate, Calcium Gluconate and Calcium Histidinate)	
Iron	18 mg 100%
(as Ferrous Fumarate, Ketoglutarate, Bisglycinate, Succinate, Aspartate, Amino Acid Chelate, Ascorbate, Citrate, Histidinate, Malate and 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, Histidinate, Picolinate, Aspartate, Monomethionine, Ascorbate and Gluconate)	
Selenium (as Selenomethionine)	50 mcg 71%
Copper (as Copper Gluconate)	1 mg 50%
Manganese	5 mg 250%
(as Manganese Gluconate, Ascorbate, Histidinate, Aspartate, Citrate, Succinate and Amino Acid Chelate)	
Chromium (as Chromium Piccolinate)	50 mcg 42%
Potassium	49.5 mg 1%
(as Potassium Citrate, Fumarate, Succinate, Malate, Aspartate, Ascorbate and Gluconate)	
Boron Complex	1 mg
(as Boron Aspartate, Boron Citrate and Boron Ascorbate)	
Methionine	18.75 mg
Inositol	37.5 mg
PARA (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
Bromelain	8.25 mg

Papain	8.25 mg	**
Eleuthero Root (Eleutherococcus senticosus)	25 mg	**
N-Acetyl-Cysteine	15 mg	**
L-Glutamine	10 mg	**
L-Taurine	5 mg	**
Probiotic Complex	12.5 mg	**
(L-Acidophilus, L-Bulgarius and B-Bifidum)		
Coenzyme Q-10	3 mg	**
Bee Pollen	16.5 mg	**
Spirulina/Chlorella (Chlorophyllins)	30 mg	**
Bee Propolis	16.5 mg	**
L-Glutathione	5 mg	**
Wheat Grass/Barley Grass (Chlorophyllins)	30 mg	**
Fish Oil and Borage Oil	233 mg	**
(containing Omega-3 and Omega-6 Lipids)		
Royal Jelly	3 mg	**
Licorice Extract (Glycyrrhizin) (Glycyrrhiza glabra) (root)	12.5 mg	**
Bilberry Extract (Anthocyanins) (Vaccinium myrtillus) (fruit)	12.5 mg	**
Pycnogenol® (Pinus pinaster) (Maritime Pine Bark Extract)	5 mg	**
Echinacea/Goldenseal (Echinacoides) (root)	30 mg	**
(Echinacea angustifolia) (root)/Hydrastis canadensis (root)		
Garlic (Allium sativum) (bulb)	55 mg	**
Polyphenol Complex	15 mg	**
(Red Wine Extract, Green Tea Extract (Camellia sinensis) (leaf))		
Vegetable Complex	50 mg	**
(From Beets, Yams, Celery, Brussels Sprouts, Carrots, Cauliflower, Broccoli)		
Citrus Complex (From Lemon, Orange, Lime, Grapefruit)	50 mg	**
Mushroom Complex (From Maitake, Reishi, Shiitake)	15 mg	**
Vitamin Co-Factor Complex	3,330 mcg (9.3 mg)	**
(Pyridoxal 5' Phosphate (Vitamin B-6 Co-Factor) and Pantothenic Acid Co-Factor)		
Lycopene	1,000 mcg (1 mg)	**
Lutein (Purified from Extracted Marigolds)	1,000 mcg (1 mg)	**
Alpha Lipic Acid	1,000 mcg (1 mg)	**
Tocotrienols	1,668 mcg (1.6 mg)	**
Women's Bioactive Complex	100 mg	**
(Red Clover (Trifolium pratense) (flower), Black Cohosh Extract (Actaea racemosa) (root), Dong Quai Extract (Angelica sinensis) (root), Soybean Extract, Sage Extract (Salvia officinalis) (leaf), Vitex Extract (Vitex agnus-castus) (fruit))		

**Daily Value not established.

OTHER INGREDIENTS: Vegetable Cellulose, Calcium Sillicate, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Klamath Lake Blue Green Algae Powder, Titanium Dioxide Color.

Contains wheat, soy and fish (anchovy, menhaden, sardine) ingredients.

No Yeast, No Milk or Milk Derivatives, No Lactose, 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 WOMEN

8 HOUR TIMED RELEASE

OMEGA 3 & 6 LIPIDS
FOLIC ACID
CALCIUM



90 TABLETS

DIETARY SUPPLEMENT

Prod No. 14865

More Than A Multiple™ For Women 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 Women 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.



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

This mega-potency women's 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*
- Omega-3 and Omega-6 lipids, essential for balanced health*
- Folic Acid, an important vitamin for women, supports cardiovascular health and promotes energy metabolism*
- Calcium to promote strong, healthy teeth and bones*

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 for use by persons under the age of 18. Store at room temperature. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

Pycnogenol® is a reg. TM of Horphag Research Management S.A.; U.S. Patent Nos. 5,720,956; 6,372,296 and int'l patents.

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