

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 and Ester-C® Calcium Ascorbate)		
Vitamin D (as D3 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)	37.5 mg	2,206%
(as Riboflavin 5' Phosphate)		
Niacin (as Nicotinamide)	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 and Calcium Citrate)		
Iodine (from Kelp)	75 mcg	80%
Magnesium	250 mg	63%
(as Magnesium Oxide and Magnesium Citrate)		
Zinc (as Zinc Citrate)	25 mg	167%
Selenium (as 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 (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	**
L-Glutamine	10 mg	**
L-Taurine	5 mg	**
Probiotic Complex	12.5 mg	**
(L-Acidophilus, L-Bulgaricus and B-Bifidum)		

Amount Per Serving	%Daily Value
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	12.5 mg **
(Glycyrrhizin) (Glycyrrhiza glabra) (root)	
Bilberry Extract	12.5 mg **
(Anthocyanins) (Vaccinium myrtillus) (fruit)	
Pyrogenol® (Pinus pinaster)	5 mg **
(French Maritime Pine Bark Extract)	
Echinacea/Goldenseal (Echinacosides)	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	50 mg **
(From Lemon, Orange, Lime, Grapefruit)	
Mushroom Complex	15 mg **
(From Maitake, Reishi, Shiitake)	
Vitamin Co-Factor Complex	2,500 mcg (2.5 mg) **
(Pyridoxal 5' Phosphate (Vitamin B-6 Co-Factor)	
and Panthothine (Pantothenic Acid Co-Factor))	
Lutein (Purified from Extracted Marigolds)	1,000 mcg (1 mg) **
Alpha Lipic 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.

Contains milk and wheat ingredients.

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

Suitable for Vegetarians

Pyrogenol® is a reg. TM of Horthag Research Management S.A.; U.S. Patent Nos. 5,720,956; 6,372,298.

Ester-C® is a licensed TM of The Ester C Company; U.S. Pat. Nos. 6,197,813 and 6,378,744.

AMERICAN HEALTH®

More THAN A MULTIPLE™

WHOLE FOOD CONCENTRATES

IRON-FREE/VEGETARIAN FORMULA



**LIPOTROPIC & ENZYME FACTORS
HERBS & TRACE MINERALS
VITAMINS & MINERALS**



90 TABLETS

DIETARY SUPPLEMENT

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 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 40 vitamins, minerals, amino acids, phytonutrients, enzymes, bioflavonoids 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 support 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, 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.

*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.

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