

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	%Daily Value	
Calories	10	
Total Carbohydrate	1 g	<1%**
Vitamin A (as Beta-Carotene)	10,000 IU	200%
Vitamin C (as Ascorbic Acid, 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)	37.5 mg	2,500%
Riboflavin (Vitamin B-2) (as Riboflavin 5' Phosphate)	37.5 mg	2,206%
Niacin (as Niacinamide)	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 (as Calcium Carbonate and Calcium Citrate)	500 mg	50%
Iron (as Ferrous Fumarate)	15 mg	83%
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%
Sodium	5 mg	<1%
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 Complex (Citrus sinensis) (fruit)	25 mg	***
Betaine Hydrochloride	25 mg	***
Bromelain	8.25 mg	***
Papain	8.25 mg	***
Eleuthero Root (Eleutherococcus senticosus)	25 mg	***

Amount Per Serving	%Daily Value	
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	***
Fish Oil and Borage Oil (containing Omega-3 and Omega-6 Lipids)	233 mg	***
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) (French Maritime Pine Bark Extract)	5 mg	***
Echinacea/Goldenseal (Echinacosides) (Echinacea angustifolia) (root)/(Hydrastis canadensis) (root)	30 mg	***
Garlic (Allium sativum) (bulb)	55 mg	***
Polyphenol Complex (Red Wine Extract, Green Tea Extract (Camellia sinensis) (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 (Pantothenic Acid Co-Factor))	3,300 mcg (3.3 mg)	***
Lycopene	1,000 mcg (1 mg)	***
Lutein (Purified from Extracted Marigolds)	1,000 mcg (1 mg)	***
Alpha Lipic Acid	1,000 mcg (1 mg)	***
Toothlenols	1,600 mcg (1.6 mg)	***

***Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

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

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

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

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

AMERICAN HEALTH

More THAN A MULTIPLE™

WHOLE FOOD
CONCENTRATES

MULTIVITAMIN FORMULA

TIMED
RELEASE

OMEGA 3 & 6 LIPIDS
PHYTONUTRIENTS & HERBS
VEGETABLE & CITRUS COMPLEXES



90 TABLETS

DIETARY SUPPLEMENT

Prod. No. 7550

More Than A Multiple™ 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 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 & 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 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 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 Hophag Research Management S.A./U.S. Patent Nos. 5,720,956; 6,372,266.

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