

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	%Daily Value	
Calories	10	
Total Carbohydrate	1 g	<1%**
Dietary Fiber	<1 g	3%
Vitamin A (as Beta-Carotene and Retinyl Palmitate)	5,000 IU	100%
Vitamin C (as Ester-C® Calcium Ascorbate and Ascorblyl Palmitate)	500 mg	833%
Vitamin D (as D3 Cholecalciferol)	800 IU	200%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	30 IU	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	20 mg	1,333%
Riboflavin (Vitamin B-2)	20 mg	1,176%
Niacin (as Inositol Hexanicotinate)	40 mg	200%
Vitamin B-6 (as Pyridoxine Hydrochloride)	22 mg	1,100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	600 mcg	10,000%
Biotin (as d-Biotin)	75 mcg	25%
Pantothenic Acid (as d-Calcium Pantothenate)	25 mg	250%
Calcium (as Calcium Citrate and Calcium Carbonate)	157 mg	16%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Citrate)	180 mg	45%
Zinc (as Zinc Citrate)	15 mg	100%
Selenium (as L-Selenomethionine)	70 mcg	100%
Copper (as Copper Citrate)	1.5 mg	75%
Manganese (as Manganese Gluconate)	3 mg	150%
Chromium (as Chromium Picolinate)	75 mcg	63%
Sodium	15 mg	1%
CardioSmart™ Herbal Complex	260 mg	***
Hawthorne Berry Extract 4:1 (<i>Crataegus oxyacantha</i>), Ginkgo Biloba Extract (<i>Ginkgo biloba</i>) (leaf) (Standardized to contain		

Amount Per Serving	%Daily Value	
24% Ginkgo Flavone Glycosides, 6% Terpene Lactones, Motherwort Extract 5:1 (<i>Leonurus cardiaca</i>) (aerial), Pomegranate (<i>Punica granatum</i>) (seed and peel) (Standardized to contain 40% Ellagic Acid), Amla Fruit Extract (<i>Phyllanthus emblica</i>), Cayenne (<i>Capsicum annuum</i>) (fruit)		
Whole Food Energy-Rich Complex	150 mg	***
Red Pepper (<i>Capsicum frutescens grossum</i>) (fruit), Tomato (<i>Lycopersicon esculentum</i>) (fruit), Strawberry (<i>Fragaria virginiana</i>) (fruit), Cranberry (<i>Vaccinium macrocarpon</i>) (fruit), Acai (<i>Euterpe oleracea</i>) (fruit), Mangosteen (<i>Garcinia mangostana</i>) (fruit), Goji (<i>Lycium barbarum</i>) (fruit), Pomegranate (<i>Punica granatum</i>) (fruit), Broccoli (<i>Brassica oleracea italica</i>) (aerial), Spinach (<i>Spinacia oleracea</i>) (leaf), Kale (<i>Brassica oleracea acephala</i>) (leaf), Beet (<i>Beta vulgaris</i>) (root), Carrot (<i>Daucus carota sativa</i>) (root), Grape (<i>Vitis vinifera</i>) (fruit), Pumpkin (<i>Cucurbita pepo</i>) (fruit), Blueberry (<i>Vaccinium corymbosum</i>) (fruit)		
Fish Oil (containing Omega-3 Lipids)	120 mg	***
Kaneka® Coenzyme Q-10	60 mg	***
Inositol	50 mg	***
Rutin	10 mg	***
Citrus Bioflavonoids (<i>Citrus spp.</i>) (fruit)	10 mg	***
Taurine	10 mg	***
Grapeseed Extract (<i>Vitis vinifera</i>) (seed)	10 mg	***
Resveratrol (from <i>Polygonum cuspidatum</i>) (root))	10 mg	***
Boron (as Boron Citrate)	1 mg	***
Coenzyme B-12 (as Dibenzocobalamin)	4 mcg	***

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

***Daily Value not established.

OTHER INGREDIENTS: Vegetable Cellulose, Silica, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Chlorophylla, Titanium Dioxide Color, Gelatin. Contains fish (buna) ingredients.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Egg, No Sugar, No Preservatives, No Artificial Flavor.

*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 FORMULA



WITH
**CARDIO
ESSENTIALS**



90 TABLETS

DIETARY SUPPLEMENT

Prod. No. 51245

More Than A Multiple™ with Cardio Essentials is the next generation in whole food based nutrition for overall and optimum cardio health.* With a broad spectrum of vitamins, minerals, phytonutrients and energy-rich whole food concentrates, you can get the advanced benefits for both cardiovascular and whole body health in one convenient complex.*

When we are feeling good, heart health is easy to take for granted. Even with a balanced diet and moderate exercise, our heart needs support, every day. Emotional and physical stress, air quality...even normal cellular metabolism produces free radicals, which leads to oxidative stress and directly impacts the strength of our heart. More Than A Multiple™ with Cardio Essentials brings you many of the high-performing, protective nutrients you need – including Co-Q10 and Niacin to promote a strong cardiovascular system, and Vitamins C and E, vital antioxidants to help fight free radicals.* Co-Q10, a critical nutrient which promotes energy production – especially in the heart – provides the “natural fuel” we need to keep our heart healthy.* Niacin helps support circulatory health, while Vitamins C and E bring you potent antioxidant benefits.* A CardioSmart™ Complex of circulatory herbs help transport oxygen and nutrients to the heart.*

Experience the difference yourself with More Than A Multiple™ with Cardio Essentials, the multi-level performance of an energy-rich, whole food concentrate multivitamin...with your heart in mind.*

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 or surgical procedure or have any medical condition, consult your doctor before use. 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.

Ester-C® is a licensed TM of The Ester C Company; U.S. Pat. Nos. 6,197,813 and 6,876,744. Kaneka® is a registered trademark of the Kaneka Corporation

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

© 2013 American Health, Inc.

JAB 01A B53734

