

SUGGESTED USE

As a dietary supplement, take (4) capsules daily, (2) capsules in the morning and (2) capsules in the afternoon, or as directed by a health professional.

Multi-Guard is one of the most well-rounded and comprehensive multiple vitamin, mineral, and anti-oxidant programs on the market today. Multi-Guard contains a synergistic blend of vitamin complexes, chelated minerals, anti-oxidants, digestive enzymes and probiotics that may help combat inflammation, replenish intestinal flora, aid in digestion and help cover any nutritional shortfalls throughout the day.

*Probiotic blend containing: Lactobacillus acidophilus DDS-1, Bifidobacterium longum, Bifidobacterium bifidum, & Bifidobacterium lactis.

**Digesed[®]Plus is a proprietary blend of acid stable plant based enzymes supplying (Alpha & Beta Amylase, Protease I&II, Lactase, Lipase, Cellulase, Maltase & Sucrase) for enhanced bioavailability.

Digesed[®]Plus is a registered trade mark of Specialty enzymes and biochemicals.

Alphabeads[®] is a registered trade mark of Carotech.

Manufactured For: Oregon Health

Phoenix, AZ 85085 • Made In USA

Keep Out Of Reach Of Children • Store In A Cool Dry Place

Oregon Health

Multi-Guard

With CoQ10 • Resveratrol • Probiotics
P-5-P & Methylcobalamin

A Vitamin • Mineral • Anti-Oxidant Program

A Dietary Supplement

240 CAPSULES

Supplement Facts

Serving Size: 4 Capsules Servings Per Container: 60

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (Alphabeads [®] natural mixed carotenoid complex containing Alpha-Carotene, Beta-Carotene, Gamma-Carotene & Lycopene)	25,000 IU 500%	Copper (as Copper Gluconate)	2 mg 100%
Vitamin C (as Ascorbic Acid & Ascorbyl Palmitate)	200 mg 333%	Manganese (as Manganese Citrate)	5 mg 250%
Vitamin D (as Cholecalciferol)	800 IU 200%	Chromium (as Chromium Picolinate)	200 mcg 167%
Vitamin E (as d-Alpha & Mixed Tocopherols)	400 IU 1333%	Molybdenum (as Molybdenum Chelate)	75 mcg 100%
Thiamine (Vitamin B1)	50 mg 3333%	Potassium (as Potassium Aspartate, Alpha-Ketoglutarate, & Citrate)	99 mg 3%
Riboflavin (Vitamin B2)	50 mg 2941%	Alpha Lipoic Acid	80 mg †
Niacinamide (Vitamin B3)	150 mg 750%	L-Carnitine Tartrate	80 mg †
Vitamin B6 (as Pyridoxine 5-Phosphate & HCl)	50 mg 2500%	Choline Bitartrate	50 mg †
Folic Acid	800 mcg 200%	Inositol	50 mg †
Vitamin B12 (as Methylcobalamin)	500 mcg 8333%	Quercetin	50 mg †
Biotin	300 mcg 100%	Resveratrol	50 mg †
Pantothenic Acid (as D-Calcium Pantothenate)	150 mg 1500%	Probiotic Blend*	50 mg †
Calcium (as Calcium Citrate & Bisglycinate)	100 mg 10%	Grapeseed Extract 95%	30 mg †
Iodine (as Potassium Iodide)	75 mcg 50%	CoQ10	30 mg †
Magnesium (as Magnesium Citrate, Aspartate, Alpha-Ketoglutarate & Oxide)	200 mg 50%	Ginger Root Extract 4:1	10 mg †
Zinc (as Zinc Amino Acid Chelate)	15 mg 200%	PABA (Para Aminobenzoic Acid)	10 mg †
Selenium (as Amino Acid Chelate)	200 mcg 286%	Digestive Enzyme Blend**	10 mg †
		Lycopene	6 mg †
		Boron (as Boron Citrate)	2 mg †

†Daily Value not established

Other Ingredients: Gelatin Capsules.

