Prod. No. 6455 Directions: For adults, take three (3) tablets daily

No Egg. No Sugar. No Preservatives. No Artificial Flavor.

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 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 nersons under the age of 18. Keen out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Pycnogenol® is a reg. TM of Horphag Research Ltd. Use of this product may be protected by one or more U.S. patents and other international patents

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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

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AMERICAN HEALTH WHOLE FOOD CONCENTRATES IRON-FREE/VEGETARIAN FORMULA



DIETARY SUPPLEMENT

Chromium les Chromium Picolinatel #201 Patassium (as Patassium Citrate) 49.5 mg (Clarambinin) (Clarambins alshra) (work) (Anthonyspins) (Sharrinians courtiflus) (In II) Pycnoamol® (Pinus pinaster) p.-regresito (miss presed) (Franch Maritime Pine Bark Fichnet) 0804 /Oses Aminobassois Asids Chimena Soldanna Schingovidari 20 m (Erhinanea annuetfolia) irneti arie (Alism catiesmi (bulb) /Citus fiction. Citus sinemaisi (hult and peel) ayprienai campies io ing iBad Wine Futract (Affic vinifecol lassne iskin) Crean Too Fytract //Camellia sinensisi (leof) getable Complex 50 mg From Beet Root, Wild Yam Root, Celery Seed. Eleuthero Rost 25 mg Brussele Cornete Ingrish Count Book Coulfform (Eleutherococcus serticosus (whole plant), Broccoli (whole plant)) iteus Complex (From Lernon (truit), Orange peel, Lime Bruit 375% (L. acidophilus, L. bulganicus and R. Militum (Fram Maitake, Reishi, Shiitake) Vitamin Co-Factor Complex 2,500 mog (2 (Pvridoxal 5' Phosphate (Vitamin B-6 Co-Factor) Spirufina/Dilocella (Chlo and Destothing (Destothenic Sold Co England Alpha Lippic Acid

Other Ingredients: Vegetable Cellulose, Calcium Silicate, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Red Cabbage, Titanium Dioxide Color, Natural Palm Leaf Glaze. contains milk and wheat incredient

Supplement Facts Amount Per Serving

500 mg

200.11

Carrian Cina 2 Tablete

Amount Per Serving

iso Agreetic Brist and Fotor, CSS Calcium Agr

Vitamin D ias D3 Cholecalciferoli

too dullaha Tarosharul Arid Sarvinstali



Supplement Facts

Serving Size 3 Tablets Servings Per Container 30 Amount Per Serving %Daily Value Vitamin C 833% (as Ascorbic Acid and Ester-C@ Calcium Ascorbate Vitamin D (as D3 Cholecalciferol) 100% 200 IU 667% Vitamin F (as d-Alpha Tocopheryl Acid Succinate) Thiamin (Vitamin B-1) (as Thiamin Mononitrate) 37.5 mg 2,500% 37.5 mg 2,206% Riboflavin (Vitamin B-2) (as Riboflavin 5' Phosphate) Niacin (as Niacinamide) 37.5 ma Vitamin B-6 (as Pyridoxine Hydrochloride) 37.5 mg Folic Acid 400 mc Vitamin B-12 (as Cvanocobalamin) 37.5 mg Biotin (as d-Biotin) 400 mg Pantothenic Acid (as d-Calcium Pantothenate) 37.5 mg 500 ma

(as Calcium Carbonate and Calcium Citrate) lodine (from Kelp) 75 mcc Magnesium 250 mg (as Magnesium Oxide and Magnesium Citrate) Zinc (as Zinc Citrate) 25 mg 50 mcr Selenium (as Selenomethionine) Conner (as Conner Gluconate) 1 mg Manganese (as Manganese Gluconate) 5 mg Chromium (as Chromium Picolinate) 50 mc Potassium (as Potassium Citrate) 49.5 mg Boron (as Boron Citrate) 1 mg Methionine 18.75 mg Inositol 37.5 mg PABA (Para-Aminobenzoic Acid) 37.5 mg 37.5 mg Choline Bitartrate Rutin 25 mg

Citrus Bioflavonoids (Citrus limon, Citrus sinensis)

Eleuthero Root (Eleutherococcus senticosus)

(L. acidophilus, L. bulgaricus and B. bifidum)

(fruit and neel) Hesperidin (Citrus spp.) (peel)

Bromelain

L-Glutamine

Probiotic Complex

Papain

Taurine

Betaine Hydrochloride

2,200%	
188%	
1,875%	
100%	
625%	
133%	
375%	
50%	
50%	
63%	
167%	
71%	
50%	
250%	
42%	
1%	
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150 mg

25 mg

25 mg

8.25 mg

8.25 ma

25 mg

10 mg

12.5 mg

5 mg

90 TABLETS

Amount Per Serving		%Daily Val	u
Coenzyme Q-10	3	mg	7
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	7
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)			
Pycnogenol® (Pinus pinaster)	5	mg	
(French Maritime Pine Bark Extract)		-	
Echinacea/Goldenseal (Echinacosides)	30	mq	
(Echinacea angustifolia) (root) / (Hydrastis o	anadens	sis) (root)	
Garlic (Allium sativum) (bulb)	55	mq	
Polyphenol Complex	15	mq	
(Red Wine Extract, (Vitis vinifera) (grape ski	n).		
Green Tea Extract (Camellia sinensis) (leaf))		
Vegetable Complex	50	mq	
(From Beet Root, Wild Yam, Celery Seed, B	russels	Sprouts (aerial)	١.
Carrot Root, Cauliflower (whole plant), Broo	coli (who	ole plant))	
Citrus Complex	50	mg	
(From Lemon (fruit), Orange Peel, Lime (fru	it), Grape	efruit Seed)	
Mushroom Complex	15	mg	
(From Maitake, Reishi, Shiitake)			
Vitamin Co-Factor Complex	2,500	mcq (2.5 mg)	
(Pyridoxal 5' Phosphate (Vitamin B-6 Co-Fa	ctor)		
and Pantethine (Pantothenic Acid Co-Factor	r))		
Lutein (Purified from Extracted Marigolds)		mcg (1 mg)	Ī
Alpha Lipoic Acid	1,000	mcg (1 mg)	
Tocotrienol Complex	1.250	mcg (1.25 mg)	

Other Ingredients: Vegetable Cellulose, Calcium Silicate Vegetable Stearic Acid, Vegetable Magnesium Stearate, Red Cabbage, Titanium Dioxide Color, Natural Palm Leaf Glaze.

Contains milk and wheat ingredients.

**Daily Value not established.

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

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AMERICAN HEALTH

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



With More Than A Multiple TM'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, herbs 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

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. 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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