Prod. No. 7554

Directions: For adults, take three (3) tablets daily, preferably before meals.

No Egg, No Sugar, No Artificial Flavor.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical conditions, 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. 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.

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Ester-C® is a licensed TM of The Ester C Company; U.S. Pat. Nos. 6,197,813 and 6,878,744.

Carefully Manufactured by
AMERICAN HEALTH, INC.
Ronkonkoma, NY 11779 U.S.A.
800-445-7137
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AMERICAN HEALTH®

More THAN A MULTIPLE™

WHOLE FOOD CONCENTRATES

MULTIVITAMIN FORMULA

TIMED RELEASE

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

120 TABLETS | DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 40

Amount Per Serving	%Daily Value
Calories	5
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	10 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, Citrus sinensis*)	150 mg ***
Hesperidin Complex (*Citrus spp.*) (peel)	25 mg ***
Betaine Hydrochloride	25 mg ***
Bromelain	8.25 mg ***
Papain	8.25 mg ***
Rosemary (*Rosmarinus officinalis*)	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 (*Vitis vinifera*) (grape skin), Green Tea Extract (*Camellia sinensis*) (leaf))	15 mg **
Vegetable Complex (From Beet Root, Wild Yam Root, Celery Seed, Brussels Sprouts (aerial), Carrot Root, Cauliflower (whole plant), Broccoli (whole plant))	50 mg **
Citrus Complex (From Lemon (fruit), Orange Peel, Lime (fruit), Grapefruit Seed)	50 mg **
Mushroom Complex (From Maitake, Reishi, Shiitake)	15 mg **
Vitamin Co-Factor Complex (Pyridoxal 5' Phosphate (Vitamin B-6 Co-Factor) and Pantethine (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 Lipoic Acid	1,000 mcg (1 mg) **
Tocotrienol Complex	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, Natural Palm Leaf Glaze.

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

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.

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Choline Bitartrate	37.5 mg ***
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Hesperidin Complex (*Citrus spp.*) (peel)	25 mg ***
Betaine Hydrochloride	25 mg ***
Bromelain	8.25 mg ***
Papain	8.25 mg ***
Eleuthero Root (*Eleutherococcus senticosus*)	25 mg ***
L-Glutamine	10 mg ***
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-Glutathionine	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 ***
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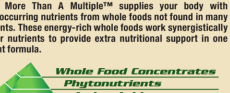
More Than A Multiple™ is an energy-rich mega-potency multivitamin designed on the principle that concentrates derived from whole foods are really the best approach to proper nutrition in a supplement form. In addition to essential vitamins and minerals, More Than A Multiple™ supplies your body with naturally 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 time-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.

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