

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 100% Beta-Carotene)	10,000 IU	200%
Vitamin C (as Ascorbic Acid and 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	2,066%
Niacin (as Niacinamide)	37.5 mg	188%
Vitamin B-6 (as Pyridoxine Hydrochloride)	75 mg	3,750%
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)	18 mg	100%
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 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%
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) (fruit and peel)	150 mg	***
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	***

Amount Per Serving	%Daily Value	
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 (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 Panthethine (Pantothenic Acid Co-Factor))	3,330 mcg (3.3 mg)	***
Lycopene	1,000 mcg (1 mg)	***
Lutein (Purified from Extracted Marigolds)	1,000 mcg (1 mg)	***
Alpha Lipoid Acid	1,000 mcg (1 mg)	***
Tocotrienol Complex	1,600 mcg (1.6 mg)	***
Women's Bioactive Complex (Red Clover (Trifolium pratense) (aerial), Black Cohosh Extract (Actaea racemosa) (root), Dong Quai Extract (Angelica sinensis) (root), Soybean Extract, Sage Extract (Salvia officinalis) (leaf), Vitex Extract (Vitex agnus-castus) (fruit))	100 mg	***

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

***Daily Value not established.

OTHER INGREDIENTS: Vegetable Cellulose, Calcium Silicate, Gelatin, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Blue Green Algae Powder, Titanium Dioxide Color, Natural Palm Leaf Glaze.

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

No Egg, No Sugar, No Artificial Flavor, No Sodium.

*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 FOR WOMEN

**TIMED
RELEASE**

**OMEGA 3 & 6 LIPIDS
FOLIC ACID
CALCIUM**



90 TABLETS

DIETARY SUPPLEMENT

Prod. No. 14865

More Than A Multiple™ For Women 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™ For Women** 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.



More Than A Multiple™ For Women features a proprietary Bioactive Complex specifically developed for a woman's physiology in an exclusive timed-release formula. You can count on **More Than A Multiple™ For Women** for immediate and extended nutritional support hour after hour.

This mega-potency women's 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 and Omega-6 lipids, essential for balanced health*
- Folic Acid, an important vitamin for women, supports cardiovascular health and supports energy metabolism*
- Calcium to promote strong, healthy teeth and bones*

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

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 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. 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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