

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

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

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical 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.

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MORE THAN A MULTIPLE™
WHOLE FOOD CONCENTRATES

MULTIVITAMIN FORMULA



WITH
BRAIN ESSENTIALS

90 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Amount Per Serving	%Daily Value
Calories 10	
Total Carbohydrate 1g	<1%*
Dietary Fiber 1g	4%
Vitamin A (as Beta-Carotene and Retinyl Palmitate) 5,000 IU	100%
Vitamin C 500 mg	833%
(as Ester-C® Calcium Ascorbate and Ascorbyl Palmitate)	
Vitamin D (as D3 Cholecalciferol) 800 IU	200%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate) 30 IU	100%
Thiamin (Vitamin B-1) 20 mg	1,333%
(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2) 20 mg	1,176%
Niacin (as Niacinamide) 25 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride) 400 mcg	100%
Folic Acid (as Methylcobalamin) 1,000 mcg	16,667%
Biotin (as d-Biotin) 75 mcg	25%
Pantothenic Acid 25 mg	250%
(as d-Calcium Pantothenate)	

OTHER INGREDIENTS: Vegetable Cellulose, Silica, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Chlorophyllin, Titanium Dioxide Color, Gelatin.

Amount Per Serving

Calcium 150 mg	15%
(as Calcium Citrate and Calcium Carbonate)	
Iodine 150 mcg	100%
(as Potassium Iodide)	
Magnesium 50 mg	10%
(as Magnesium Citrate)	
Zinc (as Zinc Citrate) 15 mg	100%
Selenium (as L-Selenomethionine) 10 mcg	100%
Copper (as Copper Citrate) 1.5 mg	75%
Manganese (as Manganese Citrate) 3 mg	150%
Chromium (as Chromium Picolinate) 75 mcg	63%
Sodium 10 mg	1%

Amount Per Serving

Whole Food Energy-Rich Complex 50 mg	
Red Pepper (Capsicum frutescens grossum) (fruit), Tomato (Lycopersicon esculentum) (fruit), Strawberry (Fragaria virginiana) (fruit), Cranberry (Vaccinium macrocarpon) (fruit), Acai (Euterpe oleracea) (fruit), Mangosteen (Garcinia mangostana) (fruit), Goji (Lycium barbarum) (fruit), Pomegranate (Punica granatum) (fruit), Broccoli (Brassica oleracea italica) (aerial), Spinach (Spinacia oleracea) (leaf), Kale (Brassica oleracea acephala) (leaf), Beet (Beta vulgaris) (root), Carrot (Daucus carota sativa) (root), Grape (Vitis vinifera) (fruit), Pumpkin (Cucurbita pepo) (fruit), Blueberry (Vaccinium corymbosum) (fruit), Choline (as Choline Bitartrate) 55 mg	
Inositol 50 mg	
Citrus Bioflavonoids (Citrus spp.) (fruit) 50 mg	
Boron (as Boron Citrate) 1 mg	

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.



Part No. 22-51244

Supplement Facts

Amount Per Serving	%Daily Value
Calories 10	
Total Carbohydrate 1 g	<1%**
Dietary Fiber 1 g	4%
Vitamin A 5,000 IU	100%
(as Beta-Carotene and Retinyl Palmitate)	
Vitamin C 500 mg	833%
(as Ester-C® Calcium Ascorbate and Ascorbyl Palmitate)	
Vitamin D (as D3 Cholecalciferol) 800 IU	200%
Vitamin E 30 IU	100%
(as d-Alpha Tocopheryl Acid Succinate)	
Thiamin (Vitamin B-1) 20 mg	1,333%
(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2) 20 mg	1,176%
Niacin (as Niacinamide) 25 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride) 22 mg	1,100%
Folic Acid 400 mcg	100%
Vitamin B-12 (as Methylcobalamin) 1,000 mcg	16,667%
Biotin (as d-Biotin) 75 mcg	25%
Pantothenic Acid (as d-Calcium Pantothenate) 25 mg	250%
Calcium 152 mg	15%
(as Calcium Citrate and Calcium Carbonate)	
Iodine (as Potassium Iodide) 150 mcg	100%
Magnesium (as Magnesium Citrate) 50 mg	13%
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 Citrate) 3 mg	150%
Chromium (as Chromium Picolinate) 75 mcg	63%
Sodium 10 mg	1%

Amount Per Serving

%Daily Value
Neurosupportive Complex 300 mg ***
Ginkgo Biloba Extract (<i>Ginkgo biloba</i>) (leaf) (Standardized to contain 24% Ginkgo Flavone Glycosides, 6% Terpene Lactones), Holy Basil Extract (<i>Ocimum tenuiflorum</i>) (leaf), Turmeric Extract (<i>Curcuma longa</i>) (root) (Standardized to contain 93% curcuminoids), Rosemary Extract (<i>Rosmarinus officinalis</i>) (leaf) (Standardized to contain 4% Rosmarinic Acid)
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)
Choline (as Choline Bitartrate) 55 mg ***
Inositol 50 mg ***
Citrus Bioflavonoids (<i>Citrus spp.</i>) (fruit) 50 mg ***
Boron (as Boron Citrate) 1 mg ***

*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, Chlorophyllin, Titanium Dioxide Color, Gelatin.

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
BRAIN ESSENTIALS



90 TABLETS

DIETARY SUPPLEMENT

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

With a lot to do and a lot to keep ahead of, managing through the day can leave you feeling mentally fatigued...especially late in the day. It's easy to experience our own personal "brain overload"...coming up short on memory and concentration. More Than A Multiple™ with Brain Essentials can help you mentally focus, so you can stay sharp day after day.* With high-performing Vitamin B-12, Ginkgo Biloba, and Turmeric, you get important nutrients to support and maintain cognitive health.* In a balanced combination, Vitamin B-12 promotes a healthy nervous system, which is essential to brain health.* Ginkgo Biloba supports memory and clarity, and is especially helpful with occasional, mild memory problems that we may naturally experience as we age.* Turmeric is a vital antioxidant, which helps fight the damaging effects of free radicals.* Since free radicals can impact healthy cells, supplementing with antioxidants helps provide ongoing benefits.*

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

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