Prod No. 51244 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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Ronkonkoma, NY 11779 U.S.A. 800-445-7137 Visit www.AmericanHealthUS.com for our complete line of products 00A B51244 © 2012 American Health, Inc.



AMERICAN® HEALTH
WHOLE FOOD CONCENTRATES
MULTIVITAMIN FORMULA
(p ^o _{os})
WITH
BRAIN
ESSENTIALS

	Soving Size 3 Tablets Senings For Container 30 Amount Per Serving	%Dail	y Value	Calcium (as Calcium Citra
	Calories	10	_	lodine (as Potassium II
	Total Carbohydrate	1 g	<1%*	Mannesium
	Dietary Fiber	1g	4%	(as Magnesium
	Vitamin A (as Beta-Carotene and	5,000 IU Retirad Palo	100% nitote)	Zinc (as Zinc Citra
	Vitamin C (as Ester-O'® Calcium	500 mg	833%	Selenium (as L-Selenome
31	Ascorbyl Palmitate)			Copper (as Copper Citra
_	Vitamin D (as D3 Cholecalciferol)		200%	Manganese (as Manganese
	Vitamin E (as d-Alpha Tocophen	30 IU rl Acid Succ	100% inate)	Chromium (as Chromium F
_	Thiamin (Vitamin B-1) (as Thiamin Mononits		1,333%	Sodium
	Riboflavin (Vitamin B-2)	20mg	1,176%	Neurosupportive 0
	Nacin (as Nacinamide)	25 mg	125%	Ginkgo Biloba E (leaf) (Standardi
111	Vitamin B-6 (as Pyridoxine Hydroc		1,100%	Ginkgo Ravone Lactones), Holy
	Folic Acid	400 mcg	100%	tenuiflorum) (les
	Vitamin B-12 (as Methylcobalamin)	1,000 mag	16,667%	(Curcuma longa contain 93% cu
	Biotin (as d-Biotin)	75 mcg	25%	Extract (Rosma (Standardized to
	Pantothenic Acid	25mn	250%	(Stantiaroused to

(as d-Calcium Pantothenate)

Titanium Dirocide Color, Gelatin

se 3 Tablets for Container 30			Calcium	152 mg	ī
Per Serving	%Dail	y Value	(as Calcium Citrate and C		
	10	,	(as Potassium lodide)	150 mog	
bohydrate	1 g	<1%*	Magnesium	50 ma	
Fiber	1 g	4%	(as Magnesium Citrate)		
١	5,000 IU	100%	Zinc (as Zinc Citrate)	15 mg	
a-Carotene and	500 ma	833%	Selenium (as L-Selenomethionine)	70 mcg	
er-D® Calcium. yl Palmitate)			Copper (as Copper Citrate)	1.5 mg	
) Cholecalciferol)		200%	Manganese (as Manganese Citrate)	3 mg	
lpha Tocophery			Chromium (as Chromium Picolinate	75 mog	
(Vitamin B-1) amin Mononitra		1,333%	Sodium	10 mg	
n (Vitamin B-2)	20 mg	1,176%	Neurosupportive Complex		
s Nacinamide)	25mg	125%	Ginkgo Biloba Extract (G		
3-6	22mg	1,100%	(leaf) (Standardized to co Ginkgo Ravone Glycosid	on 6% Tea	
idaxine Hydrod	hloride)		Lactones), Holy Basil Ext	ract (Ocim	ű
1	400 mcc	100%	tequificount (leaf), Turm	eric Extract	
-12 thylcobalamin)	1,000 mag	16,667%	(Curcuma longa) (root) (contain 93% curcumino		

Amount Per Serving	%Daily	Yakı
Whole Food Energy-Rich Comp	olex 150 mg	
Red Pepper (Capsicum	frutescens	
grossum) (fruit), Toma	to (Lycopers	icon
esculentum) (fruit), Str. virginiana) (fruit), Crant	awberry (Fra	33/32
macrocarpon) (fruit), Claris	icai (Eutoma	GUI
olessosa) (fruit), Margo	osteen (Gavoi	nio
manoostanal (fuit). Go	ii /Lyaium	
barbarum) (fruit), Pom	egranate (Pu	nica
granatum) (fruit), Broco oleracea italica) (aerial).	coli (Brassica	
oleracea (leaf), Kale (6	copineral pag.	WHAT I
acembels) (leaf). Reet (l	Reta vedesario	(mon
acephela) (leaf), Beet (li Carrot (Disucus carota)	Beta vulgaris) sativa) (root),	Grap
acephela) (leaf), Beet (l Carrot (Daucus carota (Vitis vinifera) (fruit). Pr	Beta vulgaris) sativa) (root), umpkin (Cuci	Grap
acephela) (leaf), Beet (l Carrot (Disucus carota : (Vitis vinitera) (fruit), Po pepo) (fruit), Blueberry	Beta vulgaris) sativa) (root), umpkin (Cuci	Grap
acephela) (leaf), Beet (l Carrot (Disucus carota: (Vitis vinifera) (fruit), Pr pepo) (fruit), Blueberry corymbosum) (fruit)	Beta vulgaris) sativa) (root), umpkin (Cuci (Vaccinium	Grap
acephela) (leaf), Beet (l Carrot (Disucus carota: (Vitis vinifera) (fruit), Pr pepo) (fruit), Blueberry corymbosum) (fruit) Choline	Beta vulgaris) sativa) (root), umpkin (Cuci	Grap
acephela) (leaf), Beet (I Carrot (Chiscos carotis (Vitis vinitera) (fruit), Ph pepo) (fruit), Blueberry corymbosum) (fruit) Choline (as Choline Bitartrate)	Beta vulgaris) sativa) (root), umpkin (Cuci (Vaccinium 55 mg	Grap
acaphela) (leaf), Boet (l Canot (Zhauzus carota (Vites vinitera) (fruit), Pu pepo) (fruit), Blueberry conymbosum) (fruit) Choline (as Choline Bitarirate) Inositol	Beta vulgaris) sativa) (root), umpkin (Cuca (Vaccinium) 55 mg	Grap
acaphela) (leaf), Boet (Il Carret (Daucus carota (Villis validera) (finat), Pr pepo) (finat), Bluebera corymbosum) (finat) Choline (as Choline Bitartrate) Inostol Citrus Bioflavonoids	Beta vulgaris) sativa) (root), umpkin (Cuci (Vaccinium 55 mg	Grap
acaphela) (leaf), Boet (l Canot (Zhauzus carota (Vites vinitera) (fruit), Pu pepo) (fruit), Blueberry conymbosum) (fruit) Choline (as Choline Bitarirate) Inositol	Beta vulgaris) sativa) (root), umpkin (Cuca (Vaccinium) 55 mg	Grap

*Percent Daily Values are based on a 2 000 ralorie diet

" "Daily Value not established. Standardized to contain 4% Rosmarinic OTHER INGREDIENTS: Vegetable Cellulose, Silica, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Chlorophyllin,



Part No. 22-51244

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 on-going

benefits.*

Supplement Facts

Servings Per Container 30				
Amount Per Serving		%Da	nily Value	
Calories	10			
Total Carbohydrate	1 (9	<1%**	
Dietary Fiber	1 (9	4%	
Vitamin A	5,000 I	U	100%	
(as Beta-Carotene and Retinyl Palmitate)			
Vitamin C	500 r	mg	833%	
(as Ester-O® Calcium Ascorbate and As	scorbyl	Paln	nitate)	
Vitamin D (as D3 Cholecalciferol)	800 I	U	200%	
Vitamin E	30 I	U	100%	
(as d-Alpha Tocopheryl Acid Succinate)				
Thiamin (Vitamin B-1)	20 r	mg	1,333%	
(as Thiamin Mononitrate)				
Riboflavin (Vitamin B-2)	20 r	mg	1,176%	
Niacin (as Niacinamide)	25 r	mg	125%	
Vitamin B-6 (as Pyridoxine Hydrochloride)	22 r	mg	1,100%	
Folic Acid	400 r	ncg	100%	
Vitamin B-12 (as Methylcobalamin)	1,000 r	ncg	16,667%	
Biotin (as d-Biotin)	75 r	ncg	25%	
Pantothenic Acid	25 r	mg	250%	
(as d-Calcium Pantothenate)				
Calcium	152 r	mg	15%	
(as Calcium Citrate and Calcium Carbonate)				
Iodine (as Potassium Iodide)	150 r	ncg	100%	
Magnesium (as Magnesium Citrate)	50 r	mg	13%	
Zinc (as Zinc Citrate)	15 r	mg	100%	
Selenium (as L-Selenomethionine)	70 r	ncg	100%	
Copper (as Copper Citrate)	1.5 r	mg	75%	

Manganese (as Manganese Citrate)

Chromium (as Chromium Picolinate)

3 ma 150%

75 mcg 63%

10 mg 1%

Amount Per Serving	%Daily	Value
Neurosupportive Complex	300 mg	***
Ginkgo Biloba Extract (Ginkgo bilob	a) (leaf) (Standardia	zed to

contain 24% Ginkgo Flavone Glycosides, 6% Terpene Lactones), Holy Basil Extract (Ocimum tenuiflorum) (leaf), Turmeric Extract (Curcuma longa) (root) (Standardized to contain 93% curcuminoids). Rosemary Extract (Rosmarinus officinalis) (leaf) (Standardized to contain 4% Rosmarinic Acid) Whole Food Energy-Rich Complex 150 ma 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) (fuit), Goji (Lycium barbarum) (fruit),

Pomegranate (Punica granatum) (fruit), Broccoli (Brassica oleracea italica) (aerial), Spinach (Spinacia oleracea) (leaf), Kale (Brassica oleracea acephela) (leaf), Beet (Beta vulgaris) (root), Carrot (Daucus carota sativa) (root), Grape (Vitis vinifera) (fruit), Pumpkin (Cucurbita pepo) (fruit), Blueberry

(Vaccinium corymbosum) (truit)		
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.

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.

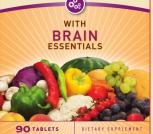
AMERICAN (*) HEALTH

Extract /Rosmarinus officinalisi (leaf)

THAN A MULTIPLE WHOLE FOOD

CONCENTRATES

MULTIVITAMIN FORMULA



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

before meals.

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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Prod. No. 51244 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,