

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

No Egg, No Grapefruit, No Sugar, No Artificial Flavor.

WARNING: This product is intended for use by men and is not intended for use by 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 dairy-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.

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Ester-C[®] is a registered TM of The Ester-C Company, U.S. Pat. Nos. 6,187,813 and 6,678,744.

Carefully Manufactured by
AMERICAN HEALTH, INC.
Roslindale, MA 01927 U.S.A.
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AMERICAN HEALTH[®]



WHOLE FOOD CONCENTRATES

MULTIVITAMIN FOR MEN

OMEGA 3 & 6 LIPIDS

ZINC & SELENIUM

MEN'S BIOACTIVE COMPLEX

90 TABLETS DIETARY SUPPLEMENT

Supplement Facts

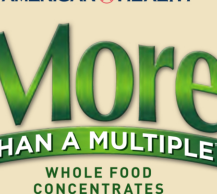
Serving Size 3 Tablets		
Servings Per Container 30		
Amount Per Serving		%Daily Value
Calories	10	
Total Carbohydrate	1 g	<1%*
Vitamin A (as Beta-Carotene)	10,000 IU	200%
Vitamin C (as Ascorbic Acid and Ester-C [®] Calcium Ascorbate)	500 mg	833%
Vitamin D (as D3 Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	200 IU	667%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	3,333%
Riboflavin (Vitamin B-2) (as Riboflavin 5' Phosphate)	50 mg	2,941%
Niacin (as Nicotinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2,500%
Folic Acid (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin (as d-Biotin)	400 mcg	133%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	500%
Calcium (as Calcium Carbonate and Calcium Citrate)	500 mg	50%
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%
Potassium (as Potassium Citrate)	49.5 mg	1%
Boron (as Boronorganic Glycine)	...	...
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 Aurum, Citrus sinensis) (fruit and peel)	75 mg	...
(from a 2:1 concentrate, equivalent to 150 mg of Citrus Bioflavonoids)	...	...
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)	8.6 mg	...
Coenzyme Q-10	3 mg	...

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Other Ingredients: Vegetable Cellulose, Gelatin, Calcium Silicate, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Red Cabbage, Titanium Dioxide Color. Contains milk, wheat and fish (anchovy, sardine) ingredients.

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MULTIVITAMIN FOR MEN

OMEGA 3 & 6 LIPIDS

ZINC & SELENIUM

MEN'S BIOACTIVE COMPLEX

90 TABLETS DIETARY SUPPLEMENT

Prod No. 14810

More Than A Multiple[™] For Men 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 Men** supplies your body with naturally occurring nutrients from whole foods 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 Men features a proprietary Bioactive Complex specifically developed for a man's physiology in an exclusive timed-release formula. You can count on **More Than A Multiple[™] For Men** for immediate and extended nutritional support hour after hour!

This mega-potency men'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[®]
- Natural whole food vegetable concentrate, citrus and mushroom complexes
- All the nutritional support you need daily for optimum wellness[®]

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*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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