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

No Egg, No Grapefruit, 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 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 accidenta overdose, call a doctor or Poison Control Center immediat Purpoperoil® is a reg. TM of Homban Research Ltd. Use of this product may

he rentected by one or more U.S. natents and other international natents Ester-C^o is a registered TM of The Ester C Company; U.S. Pat. Nos. 6.197.813 and 6.878.744.

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AMERICAN HEALTH THAN A MULTIPLE WHOLF FOOD CONCENTRATES MULTIVITAMIN FOR WOMEN

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

90 TABLETS

Amount Per Serving

Supplement Facts			Amount Per Serving %Daily Value		(adam)	Amount Per Serving %Daily Val-		
Serving Size 3 Tablets Servi	ngs Per Con	tainer 30	Boron (as Bororpanic Glycine)	1 ma		Riberty Extract (Aethocyaniss)		
Amount Per Serving	%Daily	Value	Methonine	18.75 mg	- 11	(Spoolsium contilius) (folio	3.1 mg	
Dávie	10		Incellal	37.5 mg		from a 41 extract, equipment t	a 12.5 ma of Riberryi	
Tetal Carbohydrate	2.0	×1%*	PASA (Para-Aminoheranic Acid)	37.5 mg		Pytnopensi? /Pinus pinested	5 mg	
Vitamin A (as 100% Beta-Caroline)		200%	Chalce Situatests	37.5 mg		(French Maritime Pine Bark I		
Vitamin C	500 mg	833%	Butin	25 mg		Echinacea	15 mg	
Dis Assession Ariet and False CO.	990 mg	800719			-:-	(Echinacea angustifolia) (nos	1	
Calrium Assorbate)			Citrus Bioflavonsids /Citrus firms. Citrus einensisi /	75 mg		Garlic (Affum sativars) (bulb)	55 mg	
Vitamin D (as D3 Choleculofferol)	400 IU	100%	(Carus Arren, Carus sinensis) ((from a 2.1 concentratio, equivalen			Polyphenal Camplex	15 mg	
Vitamin F	200 EI	662%	of Cities Biofinancials			(Red Wine Extract (Vitir vinit	eraj (grape skin).	
(as d-Alpha Tocophenyl Acid Sus	common		Hesperidin Complex (Cithus sep.) (b	and Million		Green Tea Extract (Carnella:		
Thiamin	37.5 mg	2,500%	Fietaine Hydrochloride	25 mg		Viogetable Complex (From Reet Root, Wild Yam I	14.7 mg	
(Vitamin B-1) (as Thiamin Mononitratic)			Erromelain	8.25 mg		(aerial), Cauliflower (whole plant), Delety Seed,		
Ribofavin	37.5 mg	2,206%	Pagain	8.25 mg				
(Vitamin 8-2) (as Riboflavin 5' P			Fleethern Boot	25 mg		(equivalent to 50 mg of Vegs	fable Extracts)	
Wacin (as Macinamide)	37.5 mg	188%	/Finitherococcus senticocus)	25 mg		Citrus Complex	5.6 mg	
Vitamin B-6	75 mg	3,750%	L-Glytomice	50 ma	- 11	(From Orange Peet, Lime (fluid		
(as Pyridoxine Hydrochloride)						(equivalent to 33.7 mg of Ditra		
Falic Acid	400 mcg	100%	Taurine	5 mg		Mushroom Complex	5.5 mg	
Vitamin B-12 (as Cyanocobalamin)	37.5 mog	625%	Probletic Complex	8.6 mg		(From Malbale, Reigh) Extract, Sh	itale Désct (fruiting body	
Bletin (as d-Blotin)	400 mcg	133%	(C. acidophilos, L. bulgaricus a			(equivalent to 15 mg of Mus		
Paratothenic Acid	37.5 mg	375%	Coerzyme © 10	3 mg		Warnin Co-Factor Complex	3,330 map (3.3 mg)	
(as d-Calcium Pantothenate)			Dee Pollen	16.5 mg		(Pyridexal 5' Phosphate (Vita Partiethine (Pantothenic Acid	min 8-6 Co-Factor) and	
Calcium	500 mg	50%	Spirulina/Chlorella (Chlorophyllins					
(as Caldium Carbonate and Calci	um Otratei		Bee Propolis	4.1 mg		Lycopene	1,000 mog (1 mg)	
Iron (as Ferrous Furnarate)	18 mg	100%	(from a 4:1 extract, equivalent to of See Propolis)	s 16.5 mg		Cutein (Purified from Extracted Mar.	1,000 mog (1 mg)	
ladine (from Kela)	75 mca	50%	1-Garattionine	10 ma				
Magnesium	250 mg	62%	U-Garathonine Wheat Grass/Barley Grass	10 mg		Algha Lipeic Acid	1,000 mog (1 mg)	
(as Magnesium Oxide and Magn	esium Ditorn	0	(Chlorophyling)	30 mg		Tocotrienol Complex	1,500 mag (1.6 mg)	
Time that Zine Ottodal	95 mo	167%	Eigh Oil and Berrier Oil	650	- 11	Women's Bloactive Complex	35 mg	

(containing Omega-3 and Omega-5 Lipids) Royal Jelly 0.8 mg

Vigae Powder, Titanium Dicoide Color, Contains milk, wheat, soy and fish (anchovy and sardine) ingredients

42%

%Daily Value

ritoma 31 concentrate, equivalent to 3 mg chRoyal Jelly.

ther Incredients: Vegetable Cellulose, Calcium Silicate, Gelatin, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Blue Green



Part No. 22-14865

Supplement Facts Serving Size 3 Tablets

unings Bor Container 20

Servings Per Container 30		
Amount Per Serving	%1	Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%**
Vitamin A (as 100% Beta-Carotene)	10,000 IU	200%
Vitamin C (as Ascorbic Acid and Ester-C [®] Calcium Ascorbate)	500 ma	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)	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 Furnarate)	18 mg	100%
lodine (from Kelp)	75 mcg	50%
Magnesium (as Magnesium Oxide and Magnesium Citrate)	250 mg	63%
Zinc (as Zinc Citrate)	25 mg	167% 71%
Selenium (as Selenomethionine) Copper (as Copper Gluconate)	50 mcg 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 Bororganic Glycine)	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 pee		
(from a 2:1 concentrate, equivalent to 150 mg of Citrus Biofla		
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. bifldur.		
Coenzyme Q-10	3 mg	
Bee Pollen	16.5 mg	
Spirulina/Chlorella (Chlorophyllins)	30 mg	

from a 4:1 extract, equivalent to 16.5 mg of Bee Propolis)

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 (from a 3:1 concentrate, equivalent to 3 mg of Royal Je	0.8 mg lly)	***
Licorice Extract (Glycymhizin) (Glycymhiza glabra) (root) (from a 4:1 extract, equivalent to 12.5 mg of Licorice)	3.1 mg	***
Bilberry Extract (Anthocyanins) (Vaccinium myrtilus) (fruit) (from a 4:1 extract, equivalent to 12.5 mg of Bilberry)	3.1 mg	***
Pycnogenol* (Pinus pinaster) (French Maritime Pine Bark Extract)	5 mg	***
Echinacea (Echinacea angustifolia) (root)	15 mg	***
Garlic (Allium sativum) (bulb)	55 mg	***
Polyphenol Complex (Red Wine Extract (Vitis vinifera) (grape skin), Green Tea Extract (Camellia sinensis) (leafl)	15 mg	***
Vegetable Complex (From Beet Root, Wild Yam Root, Brussels Sprouts (aeri (whole plant), Celery Seed, Broccoli (whole plant), Carrot (equivalent to 50 mg of Vegetable Extracts)		***
Citrus Complex (From Orange Peel, Lime (fruit)) (equivalent to 33.7 mg of Citrus Extracts)	5.6 mg	***
Mushroom Complex (From Maltake, Reishi Extract, Shiltake Extract) (fruiting (equivalent to 15 mg of Mushroom Extracts)	5.5 mg p body)	***
Vitamin Co-Factor Complex (Pyridoxal 5" Phosphate (Vitamin B-6 Co-Factor) and P. Co-Factor))	3,330 mcg (3.3 mg) antethine (Pantothenic A	Acid
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 mca (1,6 ma) omen's Bioactive Complex (Red Clover (Trifolium pratense) (aerial), Black Cohosh Extract (Actaea racernosa) (root), Dong Quai Extract (Angelica sinensis) (root), Soybean Extract, Sage Extract (Salvia officinalis) (leaf), Vitex Extract (Vitex agnus-castus) (fruit)) (equivalent to 100 mg of Extracts) *Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Vegetable Cellulose, Calcium Silicate, Gelatin, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Blue Green Algae Powder, Titanium Dioxide Color.

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

No Egg, No Grapefruit, 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



CONCENTRATES

MULTIVITAMIN FOR WOMEN





90 TABLETS

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



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

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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