

AMERICAN HEALTH

More THAN A MULTIPLE™

WHOLE FOOD
CONCENTRATES

MULTIVITAMIN FORMULA

Part No. 22-51243

Prod. No. 51243

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

With a demanding workload and a plate full of responsibilities, don't let occasional stress and fatigue slow you down. Lack of sleep, poor eating habits and even emotional strain...can impact your natural energy levels. More Than A Multiple™ with Energy Essentials brings you many of the high-performing nutrients you need to support energy metabolism and help boost your natural energy level.* This includes a complex of B vitamins, which are vital for the metabolism of carbohydrates, fats and proteins—energy sources that "naturally fuel" our bodies.* Since each B vitamin contributes an important benefit in maintaining proper metabolic health, taking them together delivers a powerful synergistic advantage.* More Than A Multiple™ with Energy Essentials also brings you a dual-action energizing herbal complex, which helps enhance both mental acuity and physical vitality...when you need it most.*

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

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

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical 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 or for those sensitive to caffeine. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

◊Contains approximately the same amount of caffeine as one cup of coffee.

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Carefully Manufactured by AMERICAN HEALTH, INC., Ronkonkoma, NY 11779 U.S.A. 800-445-7137 Visit www.AmericanHealthUS.com for our complete line of products

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WHOLE FOOD
CONCENTRATES

MULTIVITAMIN FORMULA



WITH
ENERGY
ESSENTIALS



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%**
Dietary Fiber	1 g	5%
Vitamin A	10,000 IU	200%
(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)	35 mg	2,333%
(as Thiamin Mononitrate)		
Riboflavin (Vitamin B-2)	35 mg	2,059%
Niacin (as Niacinamide)	40 mg	200%
Vitamin B-6 (as Pyridoxine Hydrochloride)	40 mg	2,000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	2,000 mcg	33,333%
Biotin (as d-Biotin)	300 mcg	100%
Pantothenic Acid	40 mg	400%
(as d-Calcium Pantothenate)		
Calcium	112 mg	11%
(as Calcium Citrate and Calcium Carbonate)		
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Citrate)	120 mg	30%
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)	150 mcg	125%
Sodium	10 mg	<1%

Amount Per Serving %Daily Value

Energy Support Complex†	215 mg	***
Natural Caffeine from Green Coffee Bean (<i>Coffea spp.</i>), Green Tea Extract (<i>Camellia sinensis</i>) (leaf), Guarana (<i>Paullinia cupana</i>) (seed), Yerba Mate Extract (<i>Ilex paraguariensis</i>) (leaf), Kola Nut Extract (<i>Cola acuminata</i>) (seed)		
Rhodiola Root Extract (<i>Rhodiola rosea</i>) (Standardized to contain 3% rosavins)	170 mg	***
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)		
Kaneka® Coenzyme Q-10	60 mg	***
Citrus Bioflavonoids (<i>Citrus spp.</i>) (fruit)	50 mg	***
Alpha Lipoic Acid	50 mg	***
Choline (as Choline Bitartrate)	25 mg	***
Inositol	25 mg	***
Boron (as Boron Citrate)	1.5 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.



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