



**TRUEHOPE EMPowerPLUS** is a unique combination of vitamins, minerals and plant nutrients designed to provide nutritional support for the central nervous system.\*

**Suggested Use:** For *general health*, take 4 capsules twice per day with food. Store in a cool, dry place.

**Note:** Fortifying the body with the essential elements of life in this product may alter the body's response to psychotropic drugs, including side effects. Consult with a physician familiar with EMPowerplus or a Truehope Support specialist (1-888-878-3467) prior to use. Pregnant or lactating women and people with serious medical conditions should consult with a physician.

**Phenylketonurics:** Contains phenylalanine.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

\* 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.

**Manufactured for:**  
Truehope Nutritional Support Ltd.  
Box 888, Raymond, AB, T0K 2S0

**For Information and Orders:**  
1-888-TRUEHOPE (1-888-878-3467)  
www.truehope.com  
Made in U.S.A.

## Supplement Facts

Serving Size: 4 Tablets  
Servings Per Container: 57

Amount Per Serving		% DV
Vitamin A (as retinyl palmitate)	1536 IU	30%
Vitamin C (as ascorbic acid)	160 mg	270%
Vitamin D (as cholecalciferol)	384 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	96 IU	320%
Thiamin (as thiamin mononitrate)	4.8 mg	320%
Riboflavin	3.6 mg	210%
Niacin (as niacinamide)	24 mg	120%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	9.6 mg	480%
Folic Acid	384 mcg	100%
Vitamin B <sub>12</sub> (as cyanocobalamin)	240 mcg	4000%
Biotin	288 mcg	100%
Pantothenic acid (as calcium pantothenate)	5.8 mg	60%
Calcium (as chelate)	352 mg	35%
Iron (as chelate)	3.7 mg	20%
Phosphorus (as chelate)	224 mg	20%
Iodine (from kelp)	54.4 mcg	40%
Magnesium (as chelate)	160 mg	40%
Zinc (as chelate)	12.8 mg	90%
Selenium (as chelate)	54.4 mcg	80%
Copper (as chelate)	1.9 mg	100%
Manganese (as chelate)	2.6 mg	130%
Chromium (as chelate)	166.4 mcg	140%
Molybdenum (as chelate)	38.4 mcg	50%
Potassium (as chelate)	64 mg	2%

<b>Proprietary Blend</b>	886.8 mg	**
Choline bitartrate, DL-phenylalanine, citrus bioflavonoids, inositol, L-glutamine, L-methionine, grape seed extract, ginkgo biloba leaf extract, germanium sesquioxide, boron (as chelate), vanadium (as chelate), nickel (as chelate).		

\*\*Daily Value (%DV) not established.

Other Ingredients: Cellulose, stearic acid, peppermint and vanilla flavors, magnesium stearate, silicon dioxide, citric acid