

TRUEHOPE
 MENTAL & PHYSICAL WELLBEING

EMPowerplus™

Methylated Advanced



Daily multi-vitamin replacement

Clinically formulated nutritional support for mental and physical well-being



120
 CAPSULES
 Dietary supplement



TRUEHOPE EMPowerplus Methylated Advanced is a re-formulated combination of our same 36 unique and safe nutrients designed to provide nutritional support for the brain and central nervous system. It includes the methyl forms of B12 and folate.*

Suggested use: Actual dosage may vary, but we recommend starting with 2 capsules twice daily. Contact Truehope at 1.888.878.3467 to receive a dosage specific to your needs.

Note: Consult a physician familiar with EMPowerplus prior to use if you are taking psychotropic medication. Pregnant or lactating women and people with serious medical conditions should consult with a physician prior to use.

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.

Supplement facts

Serving size: 2 capsules
 Servings per container: 60

Amount per serving	% DV
Vitamin A (as retinyl palmitate)	768 IU 16
Vitamin C (as ascorbic acid)	80 mg 134
Vitamin D (as cholecalciferol)	192 IU 48
Vitamin E (as d-alpha tocopheryl succinate)	48 IU 160
Thiamin (as thiamin mononitrate)	2.4 mg 160
Riboflavin	1.8 mg 106
Niacin (as niacinamide)	12 mg 60
Vitamin B6 (as pyridoxine hydrochloride)	4.8 mg 240
Methyl folate	192 µg 48
Vitamin B12 (as methylcobalamin)	120 µg 2000
Biotin	144 µg 48
Pantothenic acid (as calcium pantothenate)	2.8 mg 29
Calcium (as chelate)	176 mg 18
Iron (as chelate)	1.8 mg 10
Phosphorus (as chelate)	112 mg 11
Iodine (from atlantic kelp)	27.2 µg 18
Magnesium (as chelate)	80 mg 20
Zinc (as chelate)	6.4 mg 43
Selenium (as chelate)	27.2 µg 38
Copper (as chelate)	0.96 mg 48
Manganese (as chelate)	1.28 mg 65
Chromium (as chelate)	83.2 µg 70
Molybdenum (as chelate)	19.2 µg 27
Potassium (as chelate)	32 mg 1
Proprietary blend	335 mg **
[Choline bitartrate, DL-phenylalanine, vanadium chelate, citrus bioflavonoids, inositol, L-glutamine, L-methionine, boron chelate, grape seed extract, ginkgo biloba leaf, germanium sesquioxide, nickel chelate]	

** % Daily value (%DV) not established.

Other ingredients: gelatin, magnesium stearate, glycine, citric acid, microcrystalline cellulose, silicon dioxide, mineral wax.