

**TRUEHOPE EMPowerplus** is a unique and safe combination of 36 nutrients designed to provide nutritional support for the central nervous system.\*

**Suggested use:** For general health, take 4 tablets twice daily with food. Store in a cool, dry place.

**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. Contact Truehope support (1-888-878-3467) for more information.

**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.

**Reorder online or toll-free:**  
truehope.com  
1-888-TRUEHOPE (878-3467)  
Made in U.S.A.

**Exp. date**

Varnish  
Free Area

TRUEHOPE  
MENTAL & PHYSICAL WELLBEING

**Manufactured for:**  
Truehope  
Box 1565, Fallon, NV  
89407



TRUEHOPE<sup>®</sup>  
MENTAL & PHYSICAL WELLBEING



# EMPowerplus™

Nutritional support  
for mental and physical well-being

## TABLETS

228 count

Dietary supplement

## Supplement Facts

Serving Size 4 tablets  
Servings Per Container 57

Amount Per Serving		%DV
Vitamin A (as retinyl palmitate)	461 mcg	51%
Vitamin C (as ascorbic acid)	161 mg	179%
Vitamin D (as cholecalciferol)	9.6 mcg (384 IU)	48%
Vitamin E (as d-alpha tocopheryl succinate)	64.3 mg	429%
Thiamin (as thiamin mononitrate)	4.8 mg	400%
Riboflavin	3.6 mg	277%
Niacin (as niacinamide)	24 mg	150%
Vitamin B6 (as pyridoxine hydrochloride)	9.6 mg	565%
Folate	653 mcg DFE (384 mcg folic acid)	163%
Vitamin B12 (as cyanocobalamin)	240 mcg	10000%
Biotin	288 mcg	960%
Pantothenic acid (as d-calcium pantothenate)	5.8 mg	115%
Choline (as bitartrate)	144mg	26%
Calcium (as chelate)	352 mg	27%
Iron (as chelate)	3.7 mg	20%
Phosphorus (as chelate)	224 mg	18%
Iodine (from kelp)	56 mcg	37%
Magnesium (as chelate)	160 mg	38%
Zinc (as chelate)	12.8 mg	116%
Selenium (as chelate)	52 mcg	95%
Copper (as chelate)	1.92 mg	213%
Manganese (as chelate)	2.56 mg	111%
Chromium (as chelate)	168 mcg	480%
Molybdenum (as chelate)	40 mcg	89%
Potassium (as chelate)	64 mg	1%

**Proprietary blend** 363 mg †  
[DL-phenylalanine, vanadium chelate, lemon bioflavonoid complex 10% (from *Citrus limon* fruit), L-glutamine, inositol, L-methionine, boron chelate, grape seed extract, ginkgo leaf extract, germanium sesquioxide, nickel chelate]

† Daily Value (DV) not established.

**Other ingredients:** microcrystalline cellulose, stearic acid, croscarmellose sodium, glycine, magnesium stearate, natural peppermint flavor, citric acid, silicon dioxide, mineral wax, maltodextrin, modified food starch.