

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.

Reorder online or toll-free:

truehope.com
1-888-TRUEHOPE (878-3467)
Made in U.S.A.

Manufactured for:

Truehope
Box 1565
Fallon, NV
89407



TH 2594 REV01

TRUEHOPE
LEADERS IN BRAIN HEALTH

EMPowerplus™ METHYLATED ADVANCED

Daily blend of 36
essential vitamins,
minerals and
nutrients

120
CAPSULES

gluten free
gmo free
dietary supplement

Supplement Facts

Serving Size 2 capsules
Servings Per Container 60

Amount Per Serving		%DV
Vitamin A (as retinyl palmitate)	230 mcg	26%
Vitamin C (as ascorbic acid)	80 mg	89%
Vitamin D (as cholecalciferol)	4.8 mcg (192 IU)	24%
Vitamin E (as d-alpha tocopheryl succinate)	32 mg	213%
Thiamin (as thiamin mononitrate)	2.4 mg	200%
Riboflavin	1.8 mg	138%
Niacin (as niacinamide)	12 mg	75%
Vitamin B6 (as pyridoxine hydrochloride)	4.8 mg	282%
Folate (as calcium L-5-MTHF)	326 mcg DFE	82%
Vitamin B12 (as methylcobalamin)	120 mcg	5000%
Biotin	144 mcg	480%
Pantothenic acid (as d-calcium pantothenate)	2.8 mg	56%
Calcium (as chelate)	176 mg	14%
Iron (as chelate)	1.8 mg	10%
Phosphorus (as chelate)	112 mg	9%
Iodine (from atlantic kelp)	28 mcg	19%
Magnesium (as chelate)	80 mg	19%
Zinc (as chelate)	6.4 mg	58%
Selenium (as chelate)	26 mcg	47%
Copper (as chelate)	0.96 mg	104%
Manganese (as chelate)	1.28 mg	56%
Chromium (as chelate)	84 mcg	240%
Molybdenum (as chelate)	20 mcg	44%
Potassium (as chelate)	32 mg	1%

Proprietary blend 335 mg †

[Choline bitartrate, 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: gelatin, glycine, microcrystalline cellulose, citric acid, magnesium stearate, mineral wax, turmeric root extract (color), silicon dioxide.