

In SQL, you can insert multiple values into a table using the `INSERT INTO` statement with multiple `VALUES` clauses. Here's the general syntax:

```
INSERT INTO table_name (column1, column2, column3, ...)
VALUES
    (value1a, value2a, value3a, ...),
    (value1b, value2b, value3b, ...),
    (value1c, value2c, value3c, ...);
```

### Example:

Suppose we have a table named `employees` with columns `id`, `name`, and `age`. To insert multiple records at once:

```
INSERT INTO employees (id, name, age)
VALUES
    (1, 'Alice', 30),
    (2, 'Bob', 25),
    (3, 'Charlie', 28);
```

### Using `INSERT INTO ... SELECT` (Alternative)

If you want to insert multiple rows from another table, you can use:

```
INSERT INTO employees (id, name, age)
SELECT id, name, age FROM other_table WHERE age > 20;
```