

Super
Nutrition

SimplyOne®

50+ Men

MULTIVITAMIN + SUPPORTING HERBS

IMMUNE
SUPPORT

ENERGY
PRODUCTION

3,000 IU
VITAMIN D3

IRON FREE

30
TABLETS

A DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (83% as Retinyl Palmitate and 17% as Beta-Carotene)	1,800 mcg	200%
Vitamin C (as Ascorbic Acid)	175 mg	194%
Vitamin D-3 (as Cholecalciferol)	75 mcg (3,000 IU)	375%
Vitamin E (as d-alpha Tocopheryl Succinate)	67 mg	447%
Vitamin K (as Phytonadione K-1)	100 mcg	83%
Thiamin (Vitamin B-1) (from Thiamin HCl)	50 mg	4167%
Riboflavin (Vitamin B-2)	45 mg	3462%
Niacin (Vitamin B-3) (two-stage, low flush)	50 mg	313%
Vitamin B-6 (from Pyridoxine HCl)	40 mg	2353%
Folate	1,700 mcg DFE (1,000 mcg folic acid)	425%
Vitamin B-12 (as Methylcobalamin)	150 mcg	6250%
Biotin	325 mcg	1083%
Pantothenic Acid (from Cal. Pantothenate)	40 mg	800%
Choline (from Choline Bitartrate)	20 mg	4%
Calcium (from Cal. Carbonate and Citrate)	100 mg	8%
Iodine (from Kelp)	225 mcg	150%
Magnesium (from Mag. Oxide and Glycinate)	50 mg	12%
Zinc (from Zinc Oxide and Zinc Citrate)	23 mg	209%
Selenium (as Sodium Selenite)	225 mcg	409%
Copper (from Copper Glycinate)	2 mg	222%
Manganese (from Manganese Sulfate)	8 mg	348%

Chromium (from Chromium Picolinate)	225 mcg	643%
Molybdenum (from Molybdenum Amino Acid Chelate)	125 mcg	278%
Betaine HCl	10 mg	†
Organic Bilberry (Leaf)	25 mg	†
Citrus Bioflavonoids	25 mg	†
Black Pepper (<i>Piper nigrum</i>) (Fruit)	5 mg	†
Boron (from Boron Citrate)	2 mg	†
Ginkgo Leaf Extract	30 mg	†
Glutamic Acid (from Glutamic Acid HCl)	5 mg	†
Hesperidin (from Citrus)	5 mg	†
Inositol	20 mg	†
L-Phenylalanine	100 mg	†
L-Tyrosine	10 mg	†
Lutein	775 mcg	†
Lycopene	775 mcg	†
Rutin	5 mg	†
Organic Herb Blend [Alfalfa (Leaf), Kale (Leaf), Spirulina, Nettle (Root), Ashwagandha (Root)]	50 mg	†
Super Nutrient Blend Quercetin, Green Tea Leaf Extract, Hawthorn Berry Extract, N-Acetyl Cysteine, DMAE, CoQ10, Grape Seed Extract, Pine Bark Extract, Alpha Lipoic Acid, Panax Ginseng Root	50 mg	†

† Daily Value not established.

Other ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Silicon Dioxide. Vitamin E from soy.

Formulated & Distributed by
SuperNutrition
395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA
SuperNutritionUSA.com

Suggested Usage: Take 1 tablet daily with a meal.

***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.**

Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Caution: For adults only. Not intended for pregnant/nursing women. Consult physician if taking medication or have a medical condition. Keep out of reach of children. This product contains Biotin which may interfere with some blood test results.

CODE SU197 v3



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