

Super  
Nutrition

SimplyOne®

50+Men

MULTIVITAMIN + SUPPORTING HERBS



IMMUNE  
SUPPORT\*

ENERGY  
PRODUCTION\*

3,000 IU  
VITAMIN D3

IRON FREE

90  
TABLETS

A DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 Tablet

|                                                                  | Amount<br>Per Serving                   | % Daily<br>Value |
|------------------------------------------------------------------|-----------------------------------------|------------------|
| Vitamin A (83% as Retinyl Palmitate<br>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<br>(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<br>(from Chromium Picolinate)                                                                                                                                           | 225 mcg | 643% |
| Molybdenum<br>(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<br>[Alfalfa (Leaf), Kale (Leaf), Spirulina,<br>Nettle (Root), Ashwagandha (Root)]                                                                             | 50 mg   | †    |
| Super Nutrient Blend                                                                                                                                                             | 50 mg   | †    |
| Quercetin, Green Tea Leaf Extract, Hawthorn<br>Berry Extract, N-Acetyl Cysteine, DMAE,<br>CoQ10, Grape Seed Extract, Pine Bark Extract,<br>Alpha Lipoic Acid, Panax Ginseng Root |         |      |

† 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  
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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 SU198 V3



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