

NEW LOOK!

**Super
Nutrition**
SINCE 1977

SimplyOne®



50+ Women

Triple Power Multivitamins

ALL-DAY ENERGY • FEEL YOUNGER • SUPPORTS BONE HEALTH†

WHOLE
FOOD
BLEND



GLUTEN
FREE

A DIETARY SUPPLEMENT • 30 TABLETS

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Vitamin A (as retinol palmitate, 17% (1000 IU) as beta-carotene)	6000 IU	120%
Vitamin C (ascorbic acid)	175 MG	292%
Vitamin D (as vitamin D3)	3000 IU	750%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Vitamin K (as phytonadione)	100 MCG	125%
Thiamine (vitamin B1)	45 MG	3000%
Riboflavin (vitamin B2)	40 MG	2353%
Niacin**	50 MG	250%
Vitamin B6 (as pyridoxine HCl)	35 MG	1750%
Folic Acid	1000 MCG	250%
Vitamin B12 (as methylcobalamin)	150 MCG	2500%
Biotin (as d-biotin)	325 MCG	108%
Pantothenic Acid (as d-calcium pantothenate)	35 MG	350%
Calcium (as calcium carbonate, calcium citrate)	110 MG	11%
Iron (as ferrous carbonyl)***	22 MG	122%
Iodine (from kelp)	225 MCG	150%
Magnesium (as magnesium oxide, magnesium glycinate)	60 MG	15%
Zinc (as zinc oxide, zinc citrate)	18 MG	120%
Selenium (as sodium selenite)	225 MCG	321%
Copper (as copper glycinate)	2 MG	100%
Manganese (as manganese sulfate)	8 MG	400%

Other Ingredients: Microcrystalline Cellulose, Stearic Acid (Vegetable Source), Croscarmellose Sodium, Magnesium Stearate (Vegetable Source), Calcium Silicate, Vegetable-Based Coating, Natural Vanilla

** Niacin is two-stage, low flush

***Iron precoated to prevent interaction with Vitamin E

† Bilberry and Lutein support eye health ‡

The Most Effective Multivitamins Known to Science

Directions: Take 1 tablet daily after any meal.

Whole food based for faster disintegration.

‡ 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.

100% Guaranteed With Proof of Purchase
Formulated by and Manufactured for SuperNutrition

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	Amount Per Serving	%DV
Chromium (as chromium picolinate)****	225 MCG	188%
Molybdenum (as molybdenum trioxide)	125 MCG	167%
Betaine (as betaine HCl)	10 MG	*
Organic Bilberry leaf ‡	25 MG	*
Bioflavonoids (from lemon fruit)	35 MG	*
Black Pepper (piper nigrum, fruit, 95% piperine)	5 MG	*
Boron	2 MG	*
Choline (as choline bitartrate)	20 MG	*
Ginkgo leaf extract	25 MG	*
Glutamic Acid (as glutamic acid HCl)	5 MG	*
Hesperidin (from citrus)	5 MG	*
Inositol	20 MG	*
L-Phenylalanine	90 MG	*
L-Tyrosine	10 MG	*
Lutein ‡	775 MCG	*
Lycopene	775 MCG	*
Rutin	5 MG	*
100% Organic Whole Food & Herb Blend ●	50 MG	*
Alfalfa leaf, Kale leaf, Spirulina herb, Wild Yam root, Rosemary leaf, Watercress leaf		
Antioxidant Blend	50 MG	*
Quercetin, Green Tea leaf extract, Hawthorn berry extract (4:1), N-Acetyl Cysteine, DMAE, Co-Q10, Grape seed extract, Pine bark extract, Alpha-Lipoic Acid, Ginseng root		

*Daily Value (DV) Not Established

VEGETARIAN | HYPOALLERGENIC

Contains no: sugar, gelatin, nuts, wheat, yeast, pollen, buckwheat, dairy, corn or soy residues, hidden additives or artificial colorings.

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.

Store in
a cool,
dry place



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