

Super
Nutrition

SimplyOne®

Men

MULTIVITAMIN + SUPPORTING HERBS

IMMUNE
SUPPORT*

ENERGY
PRODUCTION*

3,000 IU
VITAMIN D3

90
TABLETS

A DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (75% as Retinyl Palmitate and 25% as Beta-Carotene)	1,200 mcg	133%
Vitamin C (as Ascorbic Acid)	150 mg	167%
Vitamin D-3 (as Cholecalciferol)	75 mcg (3,000 IU)	375%
Vitamin E (as d-alpha Tocopheryl Succinate)	40 mg	267%
Vitamin K (as Phytonadione K-1)	90 mcg	3750%
Thiamin (Vitamin B-1) (from Thiamin HCl)	45 mg	133%
Riboflavin (Vitamin B-2)	35 mg	2692%
Niacin (Vit. B-3) (as Niacin*** and Niacinamide)	45 mg	281%
Vitamin B-6 (from Pyridoxine HCl)	35 mg	2059%
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 Calcium Pantothenate)	35 mg	700%
Choline (from Choline Bitartrate)	35 mg	6%
Calcium (from Calcium Carbonate and Citrate)	50 mg	4%
Iron (from Ferrous Carbonyl)	8 mg	44%
Iodine (from Kelp)	225 mcg	150%
Magnesium (from Mag. Oxide and Glycinate)	25 mg	6%
Zinc (from Zinc Oxide and Citrate)	23 mg	209%
Selenium (from Sodium Selenite)	225 mcg	409%
Copper (from Copper Glycinate)	2 mg	222%
Manganese (from Manganese Sulfate)	5 mg	217%

Chromium (from Chromium Picolinate)	225 mcg	643%
Molybdenum (from Molybdenum Amino Acid Chelate)	100 mcg	222%

Betaine HCl	25 mg	†
Citrus Bioflavonoids	30 mg	†
Black Pepper Extract (<i>Piper nigrum</i>) (Fruit)	5 mg	†
Boron (from Boron Citrate)	2 mg	†
Glutamic Acid (from Glutamic Acid HCl)	5 mg	†
Hesperidin (from Citrus)	5 mg	†
Inositol	30 mg	†
Rutin	5 mg	†
Herb Blend	100 mg	†
Alfalfa (Leaf)**, Damiana (Herb), Nettle (Root)**, Ashwagandha (Root)**, <i>Avena sativa</i> (Oat) (Leaf), Pumpkin Seed, <i>Tribulus terrestris</i> (Fruit), Epimedium (Leaf), <i>Muira puama</i> (Root), <i>Eleutherococcus senticosus</i> (Root)**, Spirulina**, Chlorella**, Iceland Moss, Sarsaparilla (Root), Fo-Ti (Root), Bromelain		

Super Nutrient Blend	50 mg	†
Quercetin, Ginkgo Leaf Extract, Green Tea Leaf Extract, Hawthorn Berry Extract, N-Acetyl Cysteine, DMAE (Dimethylaminoethanol), CoQ10, Grape Seed Extract, Pine Bark Extract, Alpha Lipoic Acid, Panax Ginseng Root, Bilberry**, Lutein, Lycopene		

† Daily Value not established.

Other ingredients: Microcrystalline Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Magnesium Stearate (vegetable source), Silicon Dioxide and Vegetarian Coating. 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, 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.

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.

**Organic ingredient

***Niacin is two-stage, low flush

CODE SU215 V3



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FAMILY OWNED AND OPERATED SINCE 1977!