

Super  
Nutrition

SimplyOne®

Men

MULTIVITAMIN + SUPPORTING HERBS

IMMUNE  
SUPPORT\*

ENERGY  
PRODUCTION\*

75 mcg  
VITAMIN D3

IRON FREE

90  
TABLETS

A DIETARY SUPPLEMENT

Suggested Usage: Take 1 tablet daily with food.

Store in a cool, dry place.

## Supplement Facts

Serving Size 1 Tablet  
Servings Per Container 90

| Amount Per Serving                                                   |                                       | % DV  | Amount Per Serving                                                     |         | % DV |
|----------------------------------------------------------------------|---------------------------------------|-------|------------------------------------------------------------------------|---------|------|
| Vitamin A (as retinyl palmitate)                                     | 1200 mcg                              | 133%  | Manganese (as manganese sulfate)                                       | 5 mg    | 217% |
| Vitamin C (as ascorbic acid)                                         | 150 mg                                | 167%  | Chromium (as chromium picolinate)                                      | 225 mcg | 643% |
| Vitamin D (as D3, cholecalciferol)                                   | 75 mcg                                | 375%  | Molybdenum (as molybdenum amino acid chelate)                          | 100 mcg | 222% |
| Vitamin E<br>(as d-alpha tocopheryl succinate and mixed tocopherols) | 40 mg                                 | 267%  | 100 mg                                                                 |         |      |
| Vitamin K (as K1, phytonadione)                                      | 90 mcg                                | 75%   | <b>Botanical Blend</b>                                                 |         |      |
| Thiamin (as thiamine HCl)                                            | 45 mg                                 | 3750% | Organic Alfalfa Grass, Damiana Herb, Organic Nettle Root, Organic      |         |      |
| Riboflavin                                                           | 35 mg                                 | 2692% | Ashwagandha Root, Avena sativa Leaf, Pumpkin Seed, Tribulus terrestris |         |      |
| Niacin (as nicotinic acid and niacinamide)                           | 45 mg                                 | 281%  | Fruit, Epimedium Leaf, Muira puama Root, Organic Eleutherococcus       |         |      |
| Vitamin B6 (as pyridoxine HCl)                                       | 35 mg                                 | 2059% | senticosus Root, Organic Spirulina, Organic Chlorella, Iceland Moss,   |         |      |
| Folate                                                               | 1700 mcg DFE<br>(1000 mcg Folic Acid) | 425%  | Sarsaparilla Root, Fo-Ti Root, Bromelain.                              |         |      |
| Vitamin B12 (as methylcobalamin)                                     | 150 mcg                               | 6250% | <b>Super Nutrient Blend</b>                                            | 50 mg   |      |
| Biotin (as d-biotin)                                                 | 325 mcg                               | 1083% | Quercetin, Ginkgo biloba Leaf Extract, Green Tea Leaf Extract,         |         |      |
| Pantothenic Acid (as d-calcium pantothenate)                         | 35 mg                                 | 700%  | Hawthorn Berry Extract, Glutathione, DMAE (Dimethylaminoethanol),      |         |      |
| Choline (as choline bitartrate)                                      | 50 mg                                 | 4%    | CoQ10, Grape Seed Extract, Pine Bark Extract, Alpha Lipic Acid,        |         |      |
| Calcium (as calcium carbonate and calcium citrate)                   | 225 mcg                               | 150%  | Panax ginseng Root, Organic Bilberry Fruit, Lutein, Lycopene.          |         |      |
| Iodine (from kelp)                                                   | 25 mg                                 | 6%    | Citrus Bioflavonoids (from lemon fruit)                                | 30 mg   |      |
| Magnesium (as magnesium oxide and magnesium glycinate)               | 23 mg                                 | 209%  | Inositol                                                               | 30 mg   |      |
| Zinc (as zinc oxide and zinc citrate)                                | 225 mcg                               | 409%  | Betaine (as betaine HCl)                                               | 25 mg   |      |
| Selenium (as sodium selenite)                                        | 2 mg                                  | 222%  | Black Pepper Fruit                                                     | 5 mg    |      |
| Copper (as copper glycinate)                                         |                                       |       | Glutamic Acid (as glutamic acid HCl)                                   | 5 mg    |      |
|                                                                      |                                       |       | Hesperidin (from citrus)                                               | 5 mg    |      |
|                                                                      |                                       |       | Rutin                                                                  | 5 mg    |      |
|                                                                      |                                       |       | Boron (from boron citrate)                                             | 2 mg    |      |

† Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Stearic Acid, Croscarmellose Sodium, Potassium Chloride, Magnesium Stearate, Vegetable-Based Coating, Natural Flavor, and Calcium Silicate. **CONTAINS: Soy**

\*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.

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

Not manufactured with milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybeans, or gluten. Produced in a third-party, audited and registered cGMP compliant facility that may process other products that contain these allergens or ingredients.

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