

Super
Nutrition

SimplyOne®

Women

MULTIVITAMIN + SUPPORTING HERBS



IMMUNE
SUPPORT*

ENERGY
PRODUCTION*

3,000 IU
VITAMIN D3

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)	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)	80 mcg	67%
Thiamin (Vitamin B-1) (from Thiamin HCl)	40 mg	3333%
Riboflavin (Vitamin B-2)	30 mg	2308%
Niacin (Vitamin B-3) (as Niacinamide and Niacin) (two-stage, low flush)	40 mg	250%
Vitamin B-6 (from Pyridoxine HCl)	100 mg	5882%
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)	35 mg	700%
Choline (from Choline Bitartrate)	30 mg	5%
Calcium (from Cal. Carbonate and Citrate)	110 mg	8%
Iron (from Ferrous Carbonyl)	22 mg	122%
Iodine (from Kelp)	225 mcg	150%
Magnesium (from Mag. Oxide and Glycinate)	60 mg	14%
Zinc (from Zinc Oxide and Zinc Citrate)	18 mg	164%
Selenium (from Sodium Selenite)	225 mcg	409%
Copper (from Copper Glycinate)	2 mg	222%

Manganese (from Mang. Sulfate)	5 mg	217%
Chromium (from Chromium Picolinate)	225 mcg	643%
Molybdenum (from Molybdenum Amino Acid Chelate)	80 mcg	178%
Potassium (from Potas. Chloride)	30 mg	<1%
Betaine HCl	25 mg	†
Citrus Bioflavonoids	30 mg	†
Black Pepper (<i>Piper nigrum</i>) (Fruit)	5 mg	†
Boron (from Boron Citrate)	2 mg	†
Bromelain	10 mg	†
Glutamic Acid (from Glutamic Acid HCl)	5 mg	†
Hesperidin (from Citrus)	5 mg	†
Inositol	30 mg	†
Rutin	5 mg	†
Vitex (Chaste Berry) Extract	30 mg	†
Organic Herb Blend [Alfalfa (Leaf), Red Clover (Flower), Spirulina]	73 mg	†
Super Nutrient Blend	50 mg	†
Quercetin, Ginkgo Leaf Extract, Green Tea Leaf Extract, Hawthorn Berry Extract, N-Acetyl Cysteine, CoQ10, Grape Seed Extract, Pine Bark Extract, Alpha Lipoic Acid, Panax Ginseng Root, Bilberry Fruit, DMAE (Dimethylaminoethanol), Lutein, Lycopene		
† Daily Value not established.		

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

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.

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