

DIRECTIONS:

For adults only. For best absorption of nutrients and reduced chance of niacin flush, **take 1 brown vitamin tablet and 1 gray mineral tablet after each meal, 3 times per day.** Taking more than one brown tablet at a time, or a full packet at once increases the likelihood of a niacin flush. Tablets coated with a water soluble coating.

FAST-DIGESTING TABLETS:

Our food-based tablets have been laboratory tested to be very fast-digesting. In normal stomach acid, the tablets disintegrate in less than 45 minutes.

Caution: For adults only. Not recommended for pregnant/nursing women. Consult physician if taking medication (especially anticoagulant medications, including NSAIDs) or have a medical condition (especially cardiovascular disease, liver problems, inflammatory bowel disease, diabetes, gout, or migraine headaches). Keep out of reach of children. This package is not child resistant. 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.



IF THIS IS YOUR FIRST TIME TAKING OPTI-ENERGY PACK, PLEASE READ!

Niacin supplements may sometimes temporarily cause flushing and/or itching, but this sensation is not dangerous. To limit these uncomfortable but not dangerous symptoms, take daily and avoid missing doses.

Store in a cool, dry place after opening.

**Super
Nutrition®**

Opti-Energy Pack

**HIGH POTENCY
MULTIVITAMIN & MINERAL**



**BONE
SUPPORT***

**ENERGY
PRODUCTION***

**IMMUNE
SUPPORT***

30

PACKETS

6 TABLETS IN EACH PACKET

A DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 packet of 6 tablets each (3 brown & 3 gray)
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (75% as Beta-Carotene and 25% as Retinyl Palmitate)	6,000 mcg	66.7%
Vitamin C (as Ascorbic Acid)	1,200 mg	1333%
Vitamin D-3 (as Cholecalciferol)	75 mcg (3,000 IU)	375%
Vitamin E (as d-alpha-Tocopheryl Succinate)	536 mg	3573%
Vitamin K-1 (as Phylloquinone)	80 mcg	67%
Thiamin (Vitamin B-1) (from Thiamin HCl)	150 mg	12,500%
Riboflavin (Vitamin B-2)	100 mg	7692%
Niacin (Vitamin B-3) (two-stage, low flush)	300 mg	1875%
Vitamin B-6 (from Pyridoxine HCl)	250 mg	14,706%
Folate	1,700 mcg DFE (1,000 mcg folic acid)	425%
Vitamin B-12 (as Cyanocobalamin)	1,000 mcg	41,667%
Biotin	600 mcg	2000%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	300 mg	6000%
Choline (from Choline Bitartrate)	450 mg	90%
Calcium (from Calcium Carbonate and Calcium Citrate)	1,250 mg	96%
Iron (as Ferrous Carbonyl)**	40 mg	222%
Iodine (from Kelp)	225 mcg	150%
Magnesium (from Magnesium Oxide and Magnesium Glycinate)	700 mg	167%
Zinc (from Zinc Oxide and Zinc Citrate)	40 mg	364%
Selenium (as Sodium Selenite)	250 mcg	455%
Copper (from Copper Glycinate)	2 mg	222%
Manganese (from Manganese Sulfate and Manganese Citrate)	10 mg	435%
Chromium (from Chromium Picolinate)	300 mcg	657%
Molybdenum (from Molybdenum Trioxide)	150 mcg	333%
Potassium (from Potassium Chloride and Potassium Succinate)	89 mg	2%
Betaine	275 mg	†
Bioflavonoids (from lemon fruit)	200 mg	†
Boron	3 mcg	†
Catalase	10 mcg	†
Glutamic Acid (from Glutamic Acid HCl)	100 mg	†
Hesperidin (from citrus)	50 mg	†
Inositol	100 mcg	†
Octacosanol	2,000 mcg	†
Rutin	15 mg	†
S.O.D. (Super Oxide Dismutase)	10 mcg	†
Mixed Tocopherols	11 mg	†
Vitamin K-2 (as Menaquinone-7) (MK-7) (MenaQ7®)	90 mcg	†
Organic Herb, Whole Food & Fruit Blend (Rose Hips, Alfalfa leaf, Spirulina, Kale, Blackberry fruit, Cherry fruit, Pomegranate seed, Raspberry fruit, Strawberry fruit)	300 mg	†

† Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Magnesium Stearate (vegetable source), Stearic Acid (vegetable source) and Calcium Silicate.
Vitamin E and Mixed Tocopherols from soy.

Formulated & Distributed by SuperNutrition
395 S. Glen Ellyn Rd., Bloomington, IL 61710, USA | SuperNutritionUSA.com

**Iron pre-coated to prevent interaction with Vitamin E.

MenaQ7® is a registered trademark of NattoPharma ASA, Norway. Patents granted and pending.

Opti-Energy Pack



**HIGH POTENCY MULTIVITAMIN
& MINERAL SUPPLEMENT**
With Bioflavonoids and Bone
Support Nutrients*



EASY TO SWALLOW TABLETS
In Convenient Per Dose Packets



**SUPPORTS ENERGY
PRODUCTION & VITALITY***
Herb, Whole Food, and Fruit Blend



FOR ADULTS
Daily Formula for Men and Women

*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.

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OPERATED SINCE 1977!**