

Super
Nutrition

SimplyOne®

Men

MULTIVITAMIN + SUPPORTING HERBS



IMMUNE
SUPPORT*

ENERGY
PRODUCTION*

75 mcg
VITAMIN D3

30

TABLETS

DIETARY SUPPLEMENT

Suggested Use: Take 1 tablet daily with food.

Supplement Facts

	Amount Per Serving	% DV
Vitamin A (75% as retinyl palmitate and 25% as beta-carotene)	1200 mcg	133%
Vitamin C (as ascorbic acid)	150 mg	187%
Vitamin D (as D3, cholecalciferol)	75 mcg	375%
Vitamin E (as d-alpha tocopheryl succinate)	40 mg	267%
Vitamin K (as K1, phytonadione)	90 mcg	75%
Thiamin (as thiamine HCl)	45 mg	3750%
Riboflavin	35 mg	2692%
Niacin (as nicotinic acid and niacinamide)	45 mg	281%
Vitamin B6 (as pyridoxine HCl)	35 mg	2059%
Folate	1700 mcg DFE	425%
	(1000 mcg Folic Acid)	
Vitamin B12 (as methylcobalamin)	150 mcg	6250%
Biotin (as d-biotin)	325 mcg	1083%
Pantothenic Acid (as d-calcium pantothenate)	35 mg	700%
Choline (as choline bitartrate)	35 mg	6%
Calcium (as calcium carbonate and calcium citrate)	50 mg	4%
Iron (as ferrous carbonyl)	8 mg	44%
Iodine (from kelp)	225 mcg	150%
Magnesium (as magnesium oxide and magnesium glycinate)	25 mg	6%
Zinc (as zinc oxide and zinc citrate)	23 mg	209%
Selenium (as sodium selenite)	225 mcg	409%
Copper (as copper glycinate)	2 mg	222%
Manganese (as manganese sulfate)	5 mg	217%

Other Ingredients: Microcrystalline Cellulose, Stearic Acid, Croscarmellose Sodium, Calcium Silicate, Magnesium Stearate, Vegetable-Based Coating, and Natural Flavor. Contains: Soy. Not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, sesame, or gluten. Produced in an FDA-registered, third-party audited, and cGMP-compliant facility that may process other products that contain these allergens or ingredients.

Warnings: Keep out of reach of children. Consult with a licensed physician, pharmacist, naturopath or other qualified healthcare professional prior to taking dietary supplements.

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.

Serving Size 1 Tablet
Servings Per Container 30

	Amount Per Serving	% DV
Chromium (as chromium picolinate)	225 mcg	643%
Molybdenum (as molybdenum amino acid chelate)	100 mcg	222%
Botanical Blend	100 mg	†
Organic Alfalfa Leaf, Damiana Herb, Organic Nettle Root, Organic Ashwagandha Root, Avena sativa Leaf, Pumpkin Seed, Tribulus terrestris Fruit, Epimedium Leaf, Muira Puama Root, Organic Eleutherococcus senticosus Root, Organic Spirulina, Organic Chlorella, Iceland Moss, Sarsaparilla Root, Fo-Ti Root, Bromelain		
Super Nutrient Blend	50 mg	†
Quercetin, Ginkgo biloba Leaf Extract, Green Tea Leaf Extract, Hawthorn Berry Extract, Glutathione, DMAE (Dimethylaminoethanol), CoQ10, Grape Seed Extract, Pine Bark Extract, Alpha Lipoic Acid, Panax ginseng Root, Organic Bilberry Fruit, Lutein, Lycopene		
Citrus Bioflavonoids (from lemon fruit)	30 mg	†
Inositol	30 mg	†
Betaine (as betaine HCl)	25 mg	†
Black Pepper Fruit (Piper nigrum)	5 mg	†
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.

Sealed for your protection. Do not use if seal is missing or broken. Store in a cool, dry place. Protect from heat, light, and moisture

*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.

Super Nutrition® is a registered trademark of Madre Labs, LLC

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