

Super
Nutrition

SimplyOne®

50+ Men

MULTIVITAMIN + SUPPORTING HERBS



IMMUNE
SUPPORT

ENERGY
PRODUCTION

3,000 IU
VITAMIN D3

IRON FREE

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)	175 mg	194%
Vitamin D-3 (as Cholecalciferol)	75 mcg (3,000 IU)	375%
Vitamin E (as d-alpha Tocopheryl Succinate)	67 mg	447%
Vitamin K (as Phytonadione K-1)	100 mcg	83%
Thiamin (Vitamin B-1) (from Thiamin HCl)	50 mg	4167%
Riboflavin (Vitamin B-2)	45 mg	3462%
Niacin (Vitamin B-3) (two-stage, low flush)	50 mg	313%
Vitamin B-6 (from Pyridoxine HCl)	40 mg	2353%
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)	40 mg	800%
Choline (from Choline Bitartrate)	20 mg	4%
Calcium (from Cal. Carbonate and Citrate)	100 mg	8%
Iodine (from Kelp)	225 mcg	150%
Magnesium (from Mag. Oxide and Glycinate)	50 mg	12%
Zinc (from Zinc Oxide and Zinc Citrate)	23 mg	209%
Selenium (as Sodium Selenite)	225 mcg	409%
Copper (from Copper Glycinate)	2 mg	222%
Manganese (from Manganese Sulfate)	8 mg	348%

Chromium (from Chromium Picolinate)	225 mcg	643%
Molybdenum (from Molybdenum Amino Acid Chelate)	125 mcg	278%
Betaine HCl	10 mg	†
Organic Bilberry (Leaf)	25 mg	†
Citrus Bioflavonoids	25 mg	†
Black Pepper (<i>Piper nigrum</i>) (Fruit)	5 mg	†
Boron (from Boron Citrate)	2 mg	†
Ginkgo Leaf Extract	30 mg	†
Glutamic Acid (from Glutamic Acid HCl)	5 mg	†
Hesperidin (from Citrus)	5 mg	†
Inositol	20 mg	†
L-Phenylalanine	100 mg	†
L-Tyrosine	10 mg	†
Lutein	775 mcg	†
Lycopene	775 mcg	†
Rutin	5 mg	†
Organic Herb Blend [Alfalfa (Leaf), Kale (Leaf), Spirulina, Nettle (Root), Ashwagandha (Root)]	50 mg	†
Super Nutrient Blend Quercetin, Green Tea Leaf Extract, Hawthorn Berry Extract, N-Acetyl Cysteine, DMAE, CoQ10, Grape Seed Extract, Pine Bark Extract, Alpha Lipoic Acid, Panax Ginseng Root	50 mg	†

† Daily Value not established.

Other ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Silicon Dioxide. Vitamin E from soy.

Formulated & Distributed by
SuperNutrition
395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA
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.

CODE SU197 v3

