

Super
Nutrition

SimplyOne®

50+ Women

MULTIVITAMIN + SUPPORTING HERBS



IMMUNE
SUPPORT*

ENERGY
PRODUCTION*

3,000 IU
VITAMIN D3

90
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)	45 mg	3750%
Riboflavin (Vitamin B-2)	40 mg	3077%
Niacin (Vit. B-3) (as Niacin** and Niacinamide)	50 mg	313%
Vitamin B-6 (from Pyridoxine HCl)	35 mg	2059%
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 Calcium Pantothenate)	35 mg	700%
Choline (from Choline Bitartrate)	20 mg	4%
Calcium (from Calcium 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 Citrate)	18 mg	164%
Selenium (from 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 125 mcg 278%
(from Molybdenum Amino Acid Chelate)

Betaine HCl	10 mg	†
Organic Bilberry (Leaf)	25 mg	†
Citrus Bioflavonoids	35 mg	†
Black Pepper (<i>Piper nigrum</i>) (Fruit)	5 mg	†
Boron (from Boron Citrate)	2 mg	†
Ginkgo Leaf Extract	25 mg	†
Glutamic Acid (from Glutamic Acid HCl)	5 mg	†
Hesperidin (from Citrus)	5 mg	†
Inositol	20 mg	†
L-Phenylalanine	90 mg	†
L-Tyrosine	10 mg	†
Lutein	775 mcg	†
Lycopene	775 mcg	†
Rutin	5 mg	†
Organic Herb Blend	50 mg	†
Alfalfa (Leaf), Kale (Leaf), Spirulina, Wild Yam (Root), Rosemary (Leaf), Watercress (Leaf)		
Super Nutrient Blend	50 mg	†
Quercetin, Green Tea Leaf Extract, Hawthorn Berry Extract, N-Acetyl Cysteine, DMAE (Dimethylaminoethanol), CoQ10, Grape Seed Extract, Pine Bark Extract, Alpha Lipoic Acid, Panax Ginseng Root		

† Daily Value not established.

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

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.

**Niacin is two-stage, low flush

CODE SU200 V3



FAMILY OWNED AND OPERATED SINCE 1977!