

Super
Nutrition

SimplyOne®

50+ 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 (83% as retinyl palmitate and 17% as beta-carotene)	2100 mcg	233%
Vitamin C (as ascorbic acid)	175 mg	194%
Vitamin D (as D3, cholecalciferol)	75 mcg	375%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	447%
Vitamin K (as K1, phytonadione)	100 mcg	83%
Thiamin (as thiamine HCl)	50 mg	4167%
Riboflavin	45 mg	3482%
Niacin (as nicotinic acid and niacinamide)	50 mg	313%
Vitamin B6 (as pyridoxine HCl)	40 mg	2353%
Folate	1700 mcg DFE (1000 mcg Folic Acid)	425%
Vitamin B12 (as methylcobalamin)	150 mcg	6250%
Biotin (as d-biotin)	325 mcg	1083%
Pantothenic Acid (as d-calcium pantothenate)	40 mg	800%
Choline (as choline bitartrate)	20 mg	4%
Calcium (as calcium carbonate and calcium citrate)	100 mg	8%
Iron (as ferrous carbonyl)	18 mg	100%
Iodine (from kelp)	225 mcg	150%
Magnesium (as magnesium oxide and magnesium glycinate)	50 mg	12%
Zinc (as zinc oxide and zinc citrate)	23 mg	208%
Selenium (as sodium selenite)	225 mcg	408%
Copper (as copper glycinate)	2 mg	222%
Manganese (as manganese sulfate)	8 mg	348%
Chromium (as chromium picolinate)	225 mcg	643%

Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid, Calcium Silicate, Magnesium Stearate, Vegetable-Based Coating, and Natural Flavor. CONTAINS Soy

Not manufactured with milk, eggs, fish, 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
Molybdenum (as molybdenum amino acid chelate)	125 mcg	278%
L-Phenylalanine	100 mg	†
Botanical Antioxidant Blend	50 mg	†
Quercetin, Green Tea Leaf Extract, Hawthorn Berry Extract, Glutathione, DMAE, CoQ10, Grape Seed Extract, Pine Bark Extract, Alpha-Lipoic Acid, <i>Panax ginseng</i> Root		
Organic Botanical Blend	50 mg	†
Alfalfa Leaf, Kale Leaf, Spirulina, Nettles Root, Ashwagandha Root		
Ginkgo biloba Leaf Extract	30 mg	†
Citrus Bioflavonoids (from lemon fruit)	25 mg	†
Organic Bilberry Leaf (<i>Vaccinium myrtillus</i>)	25 mg	†
Inositol	20 mg	†
Betaine (as betaine HCl)	10 mg	†
L-Tyrosine	10 mg	†
Black Pepper Fruit (<i>Piper nigrum</i>)	5 mg	†
Glutamic Acid (as glutamic acid HCl)	5 mg	†
Hesperidin (from citrus)	5 mg	†
Rutin	5 mg	†
Boron (from boron citrate)	2 mg	†
Lutein	775 mcg	†
Lycopene	775 mcg	†

† 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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