

Super
Nutrition

SimplyOne®

50+ Men

MULTIVITAMIN + SUPPORTING HERBS



IMMUNE
SUPPORT*

ENERGY
PRODUCTION*

75 mcg
VITAMIN D3

90

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	3462%
Niacin (as nicotinic acid and niacinamide).....	50 mg	313%
Vitamin B6 (as pyridoxine HCl).....	40 mg	2353%
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).....	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	209%
Selenium (as sodium selenite).....	225 mcg	409%
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 90

	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		
<i>Ginkgo biloba</i> 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.

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