

Super
Nutrition

SimplyOne®

Men

MULTIVITAMIN + SUPPORTING HERBS

IMMUNE
SUPPORT*

ENERGY
PRODUCTION*

75 mcg
VITAMIN D3

IRON FREE

90
TABLETS

A DIETARY SUPPLEMENT

Suggested Usage: Take 1 tablet daily with food.

Supplement Facts

	Amount Per Serving	% DV
Vitamin A (as retinyl palmitate)	1200 mcg	133%
Vitamin C (as ascorbic acid)	150 mg	167%
Vitamin D (as D3, cholecalciferol)	75 mcg	375%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	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 (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)	35 mg	700%
Choline (as choline bitartrate)	35 mg	6%
Calcium (as calcium carbonate and calcium citrate)	50 mg	4%
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%

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

*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.

Caution: For adults only. Keep out of reach of children. Not intended for pregnant/nursing women. Consult with a qualified healthcare professional if you are taking medication or have a medical condition. This product contains Biotin which may interfere with some blood test results.

Store in a cool, dry place.

Serving Size 1 Tablet
Servings Per Container 90

	Amount Per Serving	% DV
Manganese (as manganese sulfate)	5 mg	217%
Chromium (as chromium picolinate)	225 mcg	643%
Molybdenum (as molybdenum amino acid chelate)	100 mcg	222%
Botanical Blend Organic Alfalfa Grass, 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.	100 mg	†
Super Nutrient Blend 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.	50 mg	†
Citrus Bioflavonoids (from lemon fruit)	30 mg	†
Inositol	30 mg	†
Betaine (as betaine HCl)	25 mg	†
Black Pepper Fruit	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.

Not manufactured with milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, sesame, or gluten. Produced in a third-party, audited and registered cGMP compliant facility that may process other products that contain these allergens or ingredients.

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Manufactured for: Madre Labs, LLC

301 North Lake Ave., Ste. 500
Pasadena, CA 91101

info@SupernutritionUSA.com

www.SupernutritionUSA.com

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