

Super
Nutrition

SimplyOne®

Women

MULTIVITAMIN + SUPPORTING HERBS

IMMUNE
SUPPORT*

ENERGY
PRODUCTION*

75 mcg
VITAMIN D3

IRON FREE

90
TABLETS

DIETARY SUPPLEMENT

Suggested Usage: Take 1 tablet daily with food.

Supplement Facts

	Amount Per Serving	% DV
Vitamin A (as retinyl palmitate)	1800 mcg	200%
Vitamin C (as ascorbic acid)	150 mg	167%
Vitamin D (as D3, cholecalciferol)	75 mcg	375%
Vitamin E (as d-alpha tocopheryl succinate)	40 mg	267%
Vitamin K (as K1, phytonadione)	80 mcg	67%
Thiamin (as thiamine HCl)	40 mg	3333%
Riboflavin	30 mg	2308%
Niacin (as nicotinic acid and niacinamide)	40 mg	250%
Vitamin B6 (as pyridoxine HCl)	100 mg	5882%
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)	35 mg	700%
Choline (as choline bitartrate)	30 mg	5%
Calcium (as calcium carbonate and calcium citrate)	110 mg	8%
Iodine (from kelp)	225 mcg	150%
Magnesium (as magnesium oxide and magnesium glycinate)	60 mg	14%
Zinc (as zinc oxide and zinc citrate)	18 mg	164%
Selenium (as sodium selenite)	225 mcg	409%
Copper (as copper glycinate)	2 mg	222%

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

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.

*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.

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)	80 mcg	178%
Organic Botanical Blend	73 mg	†
Organic Alfalfa Leaf, Organic Red Clover Flower, Organic Spirulina		
Super Nutrient Blend	50 mg	†
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		
Citrus Bioflavonoids (from lemon fruit)	30 mg	†
Inositol	30 mg	†
Crataegus Tree Extract (Vitis agnus-castus) (fruit)	30 mg	†
Betaine (as betaine HCl)	25 mg	†
Bromelain (80 GDU/g)	10 mg	†
Black Pepper Fruit (Piper nigrum)	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.

Caution: For adults only. Keep out of reach of children. 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.

Super Nutrition® is a registered trademark of Madre Labs, LLC

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