ated Organic Herb a Greenfood Blend per Day Online)

nin D + Additional Edits 8.2.13

## Supplement Facts

Serving Size 2 Packets of 4 Tablets Each
Servings Per Box 30 (2 packets per serving)

| | AMOUNT PER SERVING | % DV |
|---|---|---|
| VITAMIN A *(Palmitate)* | 5000 IU | 100 % |
| VITAMIN C *(Ascorbic Acid)* | 1500 MG | 2500 % |
| VITAMIN D *(Vitamin D3)* | 4000 IU | 1000 % |
| VITAMIN E *(Natural Vitamin E Succinate)* | 800 IU | 2667 % |
| VITAMIN K1 *(Phytonadione)* | 80 MCG | 100 % |
| VITAMIN K2 *(MK7)* | 45 MCG | 56 % |
| THIAMINE *(Vitamin B1)* | 95 MG | 6333 % |
| RIBOFLAVIN *(Vitamin B2)* | 74 MG | 4353 % |
| VITAMIN B3 *(Niacin – Two-Stage, Low Flush)* | 80 MG | 400 % |
| VITAMIN B3 *(Niacinamide)* | 60 MG | 300 % |
| PYRIDOXINE *(Vitamin B6)* | 175 MG | 8750 % |
| FOLIC ACID | 1000 MCG | 250 % |
| CYANOCOBALAMIN *(Vitamin B12)* | 1000 MCG | 16667 % |
| BIOTIN *(d-Biotin)* | 600 MCG | 200 % |
| PANTOTHENIC ACID *(Calcium Pantothenate)* | 175 MG | 1750 % |
| CALCIUM *(Carbonate & Citrate)* | 1500 MG | 150 % |
| IRON *(Ferrous Carbonyl)** | 18 MG | 100 % |
| IODINE *(From Kelp)* | 225 MCG | 150 % |
| MAGNESIUM *(Oxide & Glycinate)* | 600 MG | 150 % |
| ZINC *(Oxide & Citrate)* | 30 MG | 200 % |
| SELENIUM *(Sodium Selenite)* | 250 MCG | 357 % |
| COPPER *(Glycinate)* | 2.5 MG | 125 % |
| MANGANESE *(Sulfate & Citrate)* | 10 MG | 500 % |
| CHROMIUM *(Polynicotinate & Picolinate)* | 250 MCG | 208 % |
| MOLYBDENUM *(Trioxide)* | 150 MCG | 200 % |
| POTASSIUM *(Chloride & Succinate)* | 99 MG | 3 % |

*Iron pre-coated to prevent interaction with Vitamin E and other nutrients.

**A Dietary Supplement for Women in the stages of Perimenopause, Menopause and Post-menopause.**

**DIRECTIONS: TAKE 1 PACKET AFTER BREAKFAST AND 1 PACKET AFTER LUNCH OR DINNER.**

**Tablets are food-based for fast, easy disintegration.**

**ENRICHED WITH ORGANIC HERBS & GREEN FOODS**

**Certified organic herbs and green foods are organically grown and processed in accordance with the California Organic Foods Act of 1990.**

**ORGANIC HERB & WHOLE FOOD BLEND - 150 MG:**

Rose Hips, Black Cohosh rt., Rehmannia rt., Atractylodes Lancea rt., Turmeric rt., Red Clover fl., Damiana lf., Wild Yam rt., Flax Seed, Cramp Bark, Dandelion rt., Maca rt., Nettles lf., Licorice rt., Ginger rt., Rosemary lf., Spirulina h., Chlorella h., Alfalfa lf., Ginkgo Biloba lf., Hawthorn lf. & fl., Bougainvillea fl., Red Rose Buds fl., Hibiscus fl., Lavender fl., Passion flower.

FORMULATED BY AND MANUFACTURED FOR

**Super NutritioN™**

www.SuperNutritionUSA.com
Oakland, California 94612
800.262.2116

0 33739 00190 1

This package is for households *without* young children.
— PACKAGE IS NOT CHILD RESISTANT—

THIS BOX IS MADE FROM RECYCLED PAPERBOARD

## Other Ingredients

*No nutritional claims made for these ingredients.*

| | AMOUNT PER SERVING | % DV |
|---|---|---|
| BETA CAROTENE | 150 IU | * |
| BETAINE *(HCl)* | 100 MG | * |
| BIOFLAVONOIDS *(From Citrus)* | 4 MG | * |
| BORON *(From Krebs Cycle Boron)* | 3 MG | * |
| CHOLINE *(Bitartrate)* | 100 MG | * |
| DHA *(Docosahexaenoic Acid)* | 100 MG | * |
| GLUTAMIC ACID *(HCl)* | 30 MG | * |
| HESPERIDIN *(From Citrus)* | 20 MG | * |
| INOSITOL | 25 MG | * |
| PABA *(Para Amino Benzoic Acid)* | 66 MG | * |
| RUTIN | 20 MG | * |
| VIT. E MIXED TOCOPHEROLS *(Gamma)* | 7 MG | * |
| *(Alpha, Beta, Delta)* | 4 MG | * |
| VITEX *(5:1 Extract)* | 100 MG | * |
| **OTHER INGREDIENTS:** Microcrystalline Cellulose, Croscarmellose Sodium, Magnesium Stearate, Stearic Acid, Calcium Silicate, Cab-O-Sil | | * |

*Daily Value Not Established.
Note: Plant cellulose tablet coating contains citrus & vanilla flavoring.

**To women who are approaching menopause, in menopause, and past menopause:**

"This time can be wonderful for women, when years of experiences yield special insight and life enhancing skills. Although this life change presents unique challenges, I personally have never felt more empowered, energized and focused. As we continue to grow and change, so do our nutritional needs. The Menopause Multiple was formulated for women like us who want extra Calcium and Vitamin D to support strong healthy bones throughout life, Folic Acid, Vitamins C, E, B6 & B12, for better heart health and mental clarity, and a special balance of herbs to support a woman's system, including those women who experience hot flashes. What we experience during these years is more significant than just a litany of menopausal and post-menopausal symptoms. It's a time in life when we can reflect backward, look forward with enthusiasm, and choose to do so in good health. Enjoy the Menopause Multiple and your good health."

—Kathy Mooney, Founder's Daughter

**Healthy Bones • Healthy Heart • Optimum Energy • Mental Clarity**
**Now with Vitamin K2 (MK7) and 4,000 IU of Vitamin D**

**VEGETARIAN | HYPOALLERGENIC | GLUTEN FREE**

Contains no: gluten, gelatin, nuts, wheat, yeast, pollen, sugar, buckwheat, dairy, corn or soy residues, hidden additives, sodium aluminosilicate, dyes or artificial colorings.

**Organic Whole Food-Based Tablets**

SATISFACTION MONEY-BACK GUARANTEED 100%

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§See website for details on Money Back Guarantee

**‡Improved Formula.**
Now with more of the nutrients you want. See our website.

**Store in a cool, dry place or frost-free refrigerator.**
Product color and aroma may vary or change overtime due to natural ingredients.

**Super NutritioN™**
SINCE 1977

SuperNutrition brands mean not just good nutrition, but super nutrition. That means products with the vitamin potencies you need for the energetic life you want to live. Healthier. Happier. Smarter.

*— The Mooney Family*

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NEW! IMPROVED FORMULA‡ LOOK

**Super NutritioN™**
SINCE 1977

**Before, During and After**

# Menopause Multiple

**ANTIOXIDANT-RICH MULTIVITAMIN**

**The most effective multivitamin known to science. Feel great before, during and after menopause.***

optimal plus body nutrition™

**60/4** 60 PACKETS 4 TABS EACH — MULTIVITAMIN MULTIMINERAL SUPPLEMENT

optimal plus body nutrition™

**Vitamins are essential for life.**
It takes only a small amount of vitamins to survive. It takes lots more to thrive.

There are over 25,000 studies in the National Library of Medicine on vitamin potencies. Together they show that vitamin *potency* makes the difference.

**Before, During and After**

**Feel great before, during and after menopause.** Our blend of nutrients and scientifically proven potencies reduces the need to buy additional vitamins or minerals or take extra tablets.*

**Bone health.** Contains 1,500 mg of Calcium, 4,000 IU of Vitamin D, 600 mg of Magnesium, 1500 mg of Vitamin C, and full potencies of eight other bone-building nutrients, all to help support bone strength throughout life.*

**Heart health and mental clarity.** Rich in Vitamins C, E, B6, B12 and Folic Acid, all at potencies shown to be effective in supporting heart health while helping to improve mental clarity and memory. You get 800 IU of Vitamin E, 1000 mcg of Folic Acid and 250 mcg of Selenium for heart health, plus 250 mcg of Chromium.*

**Optimum energy.** Our orthomolecular balance and optimal potencies of nutrients are specifically designed to provide you with extra energy, strength and stamina, without herbal stimulants.*

**See The Proof.**
www.SuperNutritionUSA.com/science.php
QUESTIONS? Call Us Toll Free: 800.262.2116

**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.

*These statements have not been evaluated by the U.S. FDA. This product is not intended to diagnose, treat, cure or prevent any disease.