Other Ingredients
No nutritional claims made for these ingredients.

	AMOUNT PER SERVING	%DV
BETA CAROTENE	150 IU	*
BETAINE *(HCl)*	132 MG	*
BIOFLAVONOIDS	5 MG	*
BORON *(From Krebs Cycle Boron)*	3 MG	*
CHOLINE *(Bitartrate)*	157 MG	*
GLA *(From Borage)*	2 MG	*
GLUTAMIC ACID *(HCl)*	30 MG	*
HESPERIDIN *(From Citrus)*	5 MG	*
INOSITOL	75 MG	*
PABA *(Para Amino Benzoic Acid)*	36 MG	*
RUTIN	5 MG	*
VIT. E MIXED TOCOPHEROLS *(Gamma)*	7 MG	*
(Alpha, Beta, Delta)	4 MG	*
ORGANIC HERB & WHOLE FOOD BLEND: Rose Hips, Alfalfa lf., Astragalus rt., Maca rt., Atractylodes Lancea rt., Rehmannia rt., Suma st., Fo-Ti rt., Codonopsis rt., Licorice rt., Ginger rt., Nettles lf., Pau d'Arco bk., Gotu Kola lf., Spirulina h., Dandelion rt., Chlorella h.	150 MG	*
OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, Magnesium Stearate, Stearic Acid, Calcium Silicate		*

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

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.

Organic Whole Food-Based Tablets

A DIETARY SUPPLEMENT FOR MEN OF ALL AGES

DIRECTIONS: TAKE 2 TABLETS AFTER EACH MEAL THREE TIMES PER DAY
Tablets are food-based for fast, easy disintegration.

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.

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.

STORE IN A COOL, DRY PLACE OR FROST-FREE REFRIGERATOR. Product color and aroma may vary or change over time due to natural ingredients.

‡Improved Formula.
More of the nutrients you want. See our website.

SATISFACTION $ -MONEY- 100% -BACK- GUARANTEED

SuperNutrition™
www.SuperNutritionUSA.com
Oakland, CA 94612 | 800.262.2116
§*See website for details on Money Back Guarantee*

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NEW! IMPROVED FORMULA‡ LOOK

Super NutritioN™ SINCE 1977

Men's Blend

ANTIOXIDANT-RICH MULTIVITAMIN

The most effective multivitamin known to science. Optimal support for heart, bones, brain, vitality immunity, and energy, with anti-aging and anti-stress benefits.*

optimal plus™ body nutrition

90 TABS MULTIVITAMIN MULTIMINERAL SUPPLEMENT

Supplement Facts
Serving Size 6 Tablets • Servings Per Container 15

	AMOUNT PER SERVING		% DV
VITAMIN A *(Palmitate)*	5000	IU	100 %
VITAMIN C *(Ascorbic Acid)*	1250	MG	2083 %
VITAMIN D *(Vitamin D3)*	3000	IU	750 %
VITAMIN E *(Natural Vitamin E Succinate)*	400	IU	1333 %
VITAMIN K1 *(Phytonadione)*	80	MCG	100 %
VITAMIN K2 *(MK7)*	45	MCG	56 %
THIAMINE *(Vitamin B1)*	75	MG	5000 %
RIBOFLAVIN *(Vitamin B2)*	70	MG	4118 %
VITAMIN B3 *(Niacin – Two-Stage, Low Flush)*	105	MG	525 %
VITAMIN B3 *(Niacinamide)*	60	MG	300 %
PYRIDOXINE *(Vitamin B6)*	100	MG	5000 %
FOLIC ACID	1000	MCG	250 %
CYANOCOBALAMIN *(Vitamin B12)*	250	MCG	4167 %
BIOTIN *(d-Biotin)*	660	MCG	220 %
PANTOTHENIC ACID *(Calcium Pantothenate)*	180	MG	1800 %
CALCIUM *(Carbonate & Citrate)*	600	MG	60 %
IRON *(Ferrous Carbonyl)**	18	MG	100 %
IODINE *(From Kelp)*	275	MCG	183 %
MAGNESIUM *(Oxide & Glycinate)*	600	MG	150 %
ZINC *(Oxide & Citrate)*	40	MG	267 %
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.*

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

Super NutritioN™ HEALTHIER. HAPPIER. SMARTER. SINCE 1977

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optimal plus™ body nutrition

90 TABS 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.

Power You Feel!

There's more in it! The blend of nutrients and scientifically proven potencies in Men's Blend reduces the need to buy additional vitamins or minerals and take extra tablets.*

Calm all-day energy and better mood. You get high potency balanced B-Vitamins, 600 mg of Magnesium and herbs, like Maca, for calm all-day, feel-good energy.*

Heart health. Our blend includes 400 IU of Vitamin E and mixed tocopherols, 1250 mg of Vitamin C, 1000 mcg of Folic Acid, 45 mcg of Vitamin K2 (MK7), 600 mg of Magnesium and 250 mcg of Selenium.*

Balanced. Our blends provide higher potencies of a balanced B-Complex and the essential minerals, married to a base of organic herbs and green foods.*

See The Proof.
www.SuperNutritionUSA.com/science.php

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THIS BOX IS MADE FROM RECYCLED PAPERBOARD

GLUE AREA

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