## 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.*

**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.**

**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.

SATISFACTION & MONEY-BACK 100% GUARANTEED

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

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## Supplement Facts

Serving Size 6 Tablets • Servings Per Container 30

| | 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 % |
| 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 % |

**A dietary supplement for men of all ages.**
**Tablets are food-based for fast, easy disintegration.**

**DIRECTIONS: TAKE 2 TABLETS AFTER EACH MEAL THREE TIMES A DAY**

**Organic Whole Food-Based Tablets**

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

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, immunity, and energy, with anti-aging and anti-stress benefits.***

optimal plus™ body nutrition

**180** MULTIVITAMIN TABS MULTIMINERAL SUPPLEMENT

**IRON-FREE**

**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 mg 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**

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

**THIS BOX IS MADE FROM RECYCLED PAPERBOARD**
This package is for households *without* young children.

GLUE AREA

GLUE AREA


Other Ingredients
No nutritional claims made for these ingredients.
Supplement Facts
Serving Size 6 Tablets • Servings Per Container 30
Organic Whole Food-Based Tablets
A DIETARY SUPPLEMENT FOR MEN OF ALL AGES
DIRECTIONS: TAKE 2 TABLETS AFTER EACH MEAL THREE TIMES PER DAY
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0 33739 00168 0
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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
180 MULTIVITAMIN TABS MULTIMINERAL SUPPLEMENT
IRON-FREE



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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