Supplement Facts

Serving Size 1 Packet of 6 Tablets Per Day (3 Gray and 3 Brown)
Servings Per Box 30 (1 Packet Per Serving)

	AMOUNT PER SERVING		% DV
VITAMIN A *(Palmitate)*	5000	IU	100 %
VITAMIN C *(Ascorbic Acid)*	1200	MG	2000 %
VITAMIN D *(Vitamin D3)*	3000	IU	750 %
VITAMIN E *(Natural Vitamin E Succinate)*	800	IU	2667 %
VITAMIN K1 *(Phytonadione)*	80	MCG	100 %
VITAMIN K2 *(MK7)*	90	MCG	113 %
THIAMINE *(Vitamin B1)*	150	MG	10000 %
RIBOFLAVIN *(Vitamin B2)*	100	MG	5882 %
VITAMIN B3 *(Niacin – Two-Stage, Low Fush)*	300	MG	1500 %
PYRIDOXINE *(Vitamin B6)*	250	MG	12500 %
FOLIC ACID	1000	MCG	250 %
CYANOCOBALAMIN *(Vitamin B12)*	1000	MCG	16667 %
BIOTIN *(d-Biotin)*	600	MCG	200 %
PANTOTHENIC ACID *(Calcium Pantothenate)*	300	MG	3000 %
CALCIUM *(Carbonate & Citrate)*	1250	MG	125 %
IRON *(Ferrous Carbonyl)**	40	MG	222 %
IODINE *(From Kelp)*	225	MCG	150 %
MAGNESIUM *(Oxide & Glycinate)*	700	MG	175 %
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)*	300	MCG	250 %
MOLYBDENUM *(Trioxide)*	150	MCG	200 %
POTASSIUM *(Chloride & Succinate)*	99	MG	3 %

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

Multivitamin, Multimineral Supplement for Adults and Teens

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.

DIRECTIONS: ADULTS (18 yrs+): For best absorption of nutrients and the least chance of experiencing the Niacin flush, take 1 brown tablet and 1 gray tablet after each meal, 3 times per day. Taking more than one brown tablet at a time, or a full packet at once increases the likelihood of a Niacin flush. **TEENAGERS (15-17 yrs) USAGE:** Take 1 brown and 1 gray tablet after a full breakfast and again after lunch. **TEENAGERS (13-14 yrs) USAGE:** Take 1 brown tablet and 1 gray tablet after a full breakfast or lunch.

FORMULATED BY AND MANUFACTURED FOR

Super NutritioN™
www.SuperNutritionUSA.com
Oakland, California 94612
800.262.2116

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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 are made for these ingredients.

	AMOUNT PER SERVING		%DV
BETA CAROTENE	15000	IU	*
BETAINE *(HCl)*	275	MG	*
BIOFLAVONOIDS *(From Citrus)*	200	MG	*
BORON *(From Krebs Cycle Boron)*	3	MG	*
CATALASE *(Coated for 30 min. release)*	10	MCG	*
CHOLINE *(Bitartrate)*	450	MG	*
GLUTAMIC ACID *(HCl)*	100	MG	*
HESPERIDIN *(From Citrus)*	30	MG	*
INOSITOL	100	MG	*
OCTACOSANOL *(From Spinach)*	2000	MCG	*
PABA *(Para Amino Benzoic Acid)*	100	MG	*
RUTIN	15	MG	*
S.O.D. *(Coated for 30 min. release)*	10	MCG	*
SEA TRACE MINERALS *(From Kelp)*	TRACES OF ALL		*
VIT. E MIXED TOCOPHEROLS *(Gamma)*	7	MG	*
(Alpha, Beta, Delta)	4	MG	*
ORGANIC HERB, WHOLE FOOD & FRUIT BLEND: Rose Hips, Alfalfa lf., Spirulina h., Kale, Blackberry ft., Blueberry ft., Cherry ft., Pomegranate Seed, Raspberry ft., Strawberry ft.	300	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.

Now with Vitamin K2 (MK7) and 3,000 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.

- ALSO AVAILABLE IN IRON FREE & EASY-SWALLOW VERSIONS-

SATISFACTION -MONEY- 100% -BACK- GUARANTEED

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

Organic Whole Food-Based Tablets

Fast-digesting tablets: Our vegetarian, food-based tablets have been laboratory tested to be very fast-digesting. In normal stomach acid, the tablets disintegrate in less than 45 minutes.

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

If this is your first time taking the Opti-Energy Pack, please read!

The Niacin Flush - Safe, Beneficial & Invigorating

Niacin improves blood circulation in your body, increasing nutrient and oxygen delivery to your cells, while improving waste product removal. This improved circulation may result in a temporary "niacin skin flush," which is a warm, tingling, reddening of the skin. The niacin flush can last from 15 – 60 minutes and may be followed by a slight passing chill. In very rare cases, the niacin flush may result in a rash or other mild side effects which tend to diminish or disappear upon lowering the dose or discontinuing. SuperNutrition uses niacin preferentially over niacinamide because niacin is the more active form of vitamin B3. Niacin has been shown to improve memory test scores and cardiovascular health. For more information see our web site.

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

NEW! IMPROVED FORMULA‡ LOOK

Super NutritioN™
SINCE 1977

Opti-Energy Pack

The most effective multivitamin known to science. Optimal body nutrition with extra support for enhanced mental focus, energy, and physical performance.*

optimal plus™ body nutrition

MULTIVITAMIN MULTIMINERAL SUPPLEMENT | 30/6 30 PACKETS 6 TABS EACH | FOR: MEN WOMEN & TEENS

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.

- **The world's best buy in multivitamin formulas.** Our blend of nutrients and scientifically proven potencies reduces the need to buy additional vitamins or minerals or take extra tablets.*
- **Balanced.** You'll feel more energy, more clarity of thought and mental focus, and more everyday feelings of well-being than you've ever felt from any other daily multivitamin.*
- **Supports optimum heart health,** and immune defenses for men and women of all ages.*
- **With anti-aging benefits.** The orthomolecular potencies of the Opti-Energy Pack are biochemically balanced to help reduce premature aging from nutritional deficiencies.*
- **Bone support.** With 1,250 mg of Calcium, 700 mg of Magnesium, 3,000 IU of Vitamin D3 and full potencies of eight other bone-building nutrients.*

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

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

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.