



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

Super Nutrition
SINCE 1977

Supplement Facts

Serving Size 4 Tablets • Servings Per Container 30

	AMOUNT PER SERVING	% DV
VITAMIN A (Palmitate)	5000 IU	100%
VITAMIN C (Ascorbic Acid)	1200 MG	2000%
VITAMIN D (Vitamin D3)	2500 IU	625%
VITAMIN E (Natural Vitamin E, Succinate)	400 IU	1333%
VITAMIN K1 (Phylloquinone)	80 MCG	100%
VITAMIN K2 (MK7)	45 MCG	90%
THIAMINE (Vitamin B1)	75 MG	5000%
RIBOFLAVIN (Vitamin B2)	70 MG	4118%
VITAMIN B3 (Niacin—Two-Stage, Low Flush)	100 MG	500%
PYRIDOXINE (Vitamin B6)	125 MG	6250%
FOLIC ACID	1000 MCG	250%
CYANOCOBALAMIN (Vitamin B12)	225 MCG	3750%
BIOTIN (d-Biotin)	330 MCG	110%
PANTOTHENIC ACID (Calcium Pantothenate)	175 MG	1750%
CALCIUM (Carbonate & Citrate)	500 MG	50%
IRON (Ferrous Gluconate)	18 MG	100%
IODINE (From Kelp)	250 MCG	150%
MAGNESIUM (Oxide & Glycinate)	500 MG	125%
ZINC (Oxide & Citrate)	30 MG	200%
SELENIUM (Sodium Selenite)	225 MCG	321%
COPPER (Gluconate)	2.5 MG	125%
MANGANESE (Sulfate & Citrate)	10 MG	500%
CHROMIUM (Polynicotinate & Picolinate)	225 MCG	188%
MOLYBDENUM (Trioxide)	150 MCG	200%
POTASSIUM (Chloride & Succinate)	99 MG	3%

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

DIRECTIONS: TAKE 2 TABLETS AFTER BREAKFAST AND 2 TABLETS AFTER LUNCH OR DINNER

A dietary supplement for women, men and teens. Tablets are food-based for fast, easy disintegration.

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



THIS BOX IS MADE FROM
RECYCLED PAPERBOARD

Organic Whole Food-Based Tablets
A DIETARY SUPPLEMENT FOR WOMEN, MEN AND TEENS.
DIRECTIONS: TAKE 2 TABLETS AFTER BREAKFAST AND 2 TABLETS AFTER LUNCH OR DINNER.

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
Contains organic herbs and green foods with the California Organic Foods Act of 1990.

ORGANIC HERB & WHOLE FOODS BLEND - 150 MG: Rose Hips, Alfalfa[†], Astragalus[†], Arctostaphylos Lancea[†], Rehmannia[†], St. Maca[†], Fo-Ti[†], Codonopsis[†], Licorice[†], Ginger[†], Nettles[†], Pau d'Arco[†], Gotu Kola[†], Spirulina[†], Dandelion[†], Chlorella[†].

ORGANIC WHOLE FOOD-BASED TABLETS
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.

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.

Supernutrition™
www.SuperNutritionUSA.com
Oakland, CA 94612 | 800.262.2116

NEW! LOOK

Super Nutrition™
SINCE 1977

Perfect Family
WORLD'S BEST VALUE

The most effective multivitamin known to science. Optimal support for heart, bones, brain, immunity with extra energy for the whole family.*

120 MULTIVITAMIN TABS SUPPLEMENT

Supplement Facts
Serving Size 4 Tablets • Servings Per Container 30

VITAMIN A (Palmitate) 5000 IU 100%
VITAMIN C (Ascorbic Acid) 1200 MG 2000%
VITAMIN D (Vitamin D3) 2500 IU 625%
VITAMIN E (Natural Vitamin E, Succinate) 400 IU 1333%
VITAMIN K1 (Phylloquinone) 80 MCG 100%
VITAMIN K2 (MK7) 45 MCG 90%
THIAMINE (Vitamin B1) 75 MG 5000%
RIBOFLAVIN (Vitamin B2) 70 MG 4118%
VITAMIN B3 (Niacin—Two-Stage, Low Flush) 100 MG 500%
PYRIDOXINE (Vitamin B6) 125 MG 6250%
FOLIC ACID 1000 MCG 250%
CYANOCOBALAMIN (Vitamin B12) 225 MCG 3750%
BIOTIN (d-Biotin) 330 MCG 110%
PANTOTHENIC ACID (Calcium Pantothenate) 175 MG 1750%
CALCIUM (Carbonate & Citrate) 500 MG 50%
IRON (Ferrous Gluconate) 18 MG 100%
IODINE (From Kelp) 250 MCG 150%
MAGNESIUM (Oxide & Glycinate) 500 MG 125%
ZINC (Oxide & Citrate) 30 MG 200%
SELENIUM (Sodium Selenite) 225 MCG 321%
COPPER (Gluconate) 2.5 MG 125%
MANGANESE (Sulfate & Citrate) 10 MG 500%
CHROMIUM (Polynicotinate & Picolinate) 225 MCG 188%
MOLYBDENUM (Trioxide) 150 MCG 200%
POTASSIUM (Chloride & Succinate) 99 MG 3%

Other Ingredients

No nutritional claims are made for these ingredients.

	AMOUNT PER SERVING	% DV
BETA CAROTENE	150 IU	*
BETAINE (HCl)	125 MG	*
BIOFLAVONOIDS (From Citrus)	1.4 MG	*
BORON (From Krebs Cycle Boron)	3 MG	*
CHOLINE (Biotinylate)	150 MG	150%
GLA (From Borage)	1.4 MG	*
GLUTAMIC ACID (HCl)	5 MG	*
HESPERIDIN (From Citrus)	1.4 MG	*
INOSITOL	25 MG	*
PABA (Para Amino Benzoic Acid)	33 MG	*
ROUTIN (From Rutabagas)	3.4 MG	*
VIT E MIXED TOCOPHEROLS (Gamma)	7 MG	*
(Alpha, Beta, Delta)	4 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 2,500 IU of Vitamin D

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 Foods Blend - 150 mg: Rose Hips, Alfalfa[†], Astragalus[†], Arctostaphylos Lancea[†], Rehmannia[†], St. Maca[†], Fo-Ti[†], Codonopsis[†], Licorice[†], Ginger[†], Nettles[†], Pau d'Arco[†], Gotu Kola[†], Spirulina[†], Dandelion[†], Chlorella[†].

Organic Whole Food-Based Tablets

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.

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

Perfect Family

WORLD'S BEST VALUE!

The most effective multivitamin known to science. Optimal support for heart, bones, brain, immunity with extra energy for the whole family.*



120 MULTIVITAMIN TABS 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.



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



This is the best daily vitamin support for the whole family! Whole food-based tablets with organic green foods and herbs.*



Excellent bone support - 500 mg calcium, 500 mg magnesium, 2,500 IU vitamin D, 3 mg boron, 30 mg zinc and seven other bone-building nutrients.*



Excellent heart support - 1,000 mcg folic acid, 125 mg vitamin B6, 225 mcg vitamin B12, 400 IU vitamin E and 45 mcg vitamin K2 (MK7).*

See The Proof.

www.SuperNutritionUSA.com/science.php

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. Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

BLUE AREA

BLUE AREA