

IRON-FREE

IF

HEALTHIER, HAPPIER, HEALTHIER

Super Nutrition

— The Money Family —

Healthier. Happier. Smarter.

Vitamin potencies you need for the life you want to live.

That means products with the most potent vitamins.

SuperNutrition brands since 1977

Super Nutrition

Other Ingredients
No nutritional claims are made for these ingredients.

AMOUNT PER SERVING	% DV	
BETA CAROTENE	150 IU	3
RETINYL PALMATE	150 IU	3
BIOPOLYMERIS (From Citrus)	1.4 MG	3
BORON (From Krebs Cycle Boron)	1.4 MG	3
CHOLINE (Biotin)	150 MG	3
GLA (From Borago)	1.4 MG	3
GLUTAMIC ACID (HCL)	5 MG	3
HYPERICIN (From Citrus)	1.4 MG	3
INOSITOL	25 MG	3
PABA (Para Amino Benzoic Acid)	33 MG	3
RUTIN (From Eucalyptus)	3.4 MG	3
VIT E MIXED TOCOPHEROLS (Gamma)	7 MG	3
VIT E MIXED TOCOPHEROLS (Alpha, Beta, Delta)	4 MG	3

OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, Magnesium Stearate, Stearic Acid, Calcium Silicate

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New Plant cellular coating containing citric acid & vanilla flavoring.

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

100% GUARANTEED

0 33739 00231 1

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, soy, corn or soy residues, hidden additives, sodium aluminosilicates, 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.

Organic Herb & Whole Foods Blend 150 mg: Rose hips, Alfalfa II, Astragalus II, Arctostaphylos Lance II, Rehmannia II, Suma II, Maca II, Fo-Ti II, Codonopsis II, Licorice II, Ginger II, Nettles II, Pau d'Arco II, Ginkgo II, Spirulina II, Dandelion II, Chlorella II.

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

SuperNutrition™
www.SuperNutritionUSA.com
Oakland, CA 94612 | 800.252.2116
(see website for details on Money Back Guarantee)

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

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.*

optimal plus body nutrition

120 MULTIVITAMIN MINERAL TABS SUPPLEMENT

IRON-FREE

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 (Phytanediolone)	80 MCG	100 %
VITAMIN B12 (Methylcobalamin)	45 MCG	90 %
THIAMINE (Vitamin B1)	75 MG	5000 %
RIBOFLAVIN (Vitamin B2)	70 MG	4118 %
VITAMIN B6 (Nicotinamide Two-Stage, Low Flush)	100 MG	500 %
PHYSDIOLINE (Vitamin B9)	125 MG	6250 %
FOLIC ACID	1000 MCG	250 %
CYANOCOBALAMIN (Vitamin B12)	225 MCG	3750 %
BIOIN (Biotin)	330 MCG	110 %
PANTOTHENIC ACID (Calcium Pantothenate)	175 MG	1750 %
CALCIUM (Carbonate & Citrate)	500 MG	50 %
IODINE (from Kelp)	225 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 (Thiosulfate)	150 MCG	200 %
POTASSIUM (Chloride & Succinate)	90 MG	3 %

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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 digestion.

FORMULATED BY AND MANUFACTURED FOR
SuperNutrition™
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Oakland, CA 94612 | 800.252.2116
(see website for details on Money Back Guarantee)

100% GUARANTEED

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© 1999 Super Nutrition, Inc. All rights reserved.
New Plant cellular coating containing citric acid & vanilla flavoring.

***Daily Value Not Established**
Note: Plant cellular coating containing citric acid & vanilla flavoring.

Now with Vitamin K2 (MK7) and 2,500 IU of Vitamin D

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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 aluminosilicates, 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.

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optimal plus body nutrition

120 MULTIVITAMIN MINERAL TABS SUPPLEMENT

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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

*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.

BLUE LINED

BLUE LINED

GLUE FINER