

Other Ingredients

No nutritional claims are made for these ingredients.

AMOUNT PER SERVING	%DV
BETA CAROTENE	150 IU *
BETAINES (HCl)	125 MG *
BIOFLAVONOIDS (From Citrus)	1.4 MG *
BORON (From Krebs Cycle Boron)	3 MG *
CHOLINE (Bitartrate)	150 MG *
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 *
RUTIN (From Eucalyptus)	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.

*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.



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.**

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.

Organic Herb & Whole Foods Blend - 150 mg:

Rose Hips, Alfalfa lf., Astragalus rt., Atractylodes Lance rt., Rehmannia rt., Suma st., Maca rt., Fo-Ti rt., Codonopsis rt., Licorice rt., Ginger rt., Nettles lf., Pau d'Arco bk., Gotu Kola lf., Spirulina h., Dandelion rt., Chlorella h.

STORE IN A COOL, DRY PLACE. 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.

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

SuperNutrition™

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*See website for details on Money Back Guarantee

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The most effective multivitamin known to
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brain, immunity with extra energy
for the whole family.*

optimal
plus
body nutrition

240
TABS
MULTIVITAMIN
MULTIMINERAL
SUPPLEMENT

IRON-FREE

Supplement Facts

Serving Size 4 Tablets • Servings Per Container 60

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 (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)	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 %
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 (Glycinate)	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 %