Supplement Facts
Serving Size 8 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 *(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 %
IRON *(Ferrous Carbonyl)**	18 MG	100 %
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 %

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

DIRECTIONS: TAKE 4 TABLETS AFTER BREAKFAST AND 4 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
SATISFACTION & MONEY-BACK 100% GUARANTEED
‡See website for details on Money Back Guarantee

0 33739 00131 4

THIS BOX IS MADE FROM RECYCLED PAPERBOARD

GLUE AREA

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 *(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.

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.

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

0 33739 00131 4

Organic Whole Food-Based Tablets

A DIETARY SUPPLEMENT FOR WOMEN, MEN AND TEENS.

DIRECTIONS: TAKE 4 TABLETS AFTER BREAKFAST AND 4 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.

SATISFACTION & MONEY-BACK 100% GUARANTEED
SuperNutrition™
www.SuperNutritionUSA.com
Oakland, CA 94612 | 800.262.2116
‡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

240 TABS MULTIVITAMIN MULTIMINERAL SUPPLEMENT

Easy Swallow

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Serving Size 8 Tablets • Servings Per Container 30

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

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

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GLUE AREA

Super Nutrition™ SINCE 1977

EZ Easy Swallow

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™ SINCE 1977
HEALTHIER. HAPPIER. SMARTER.