

Directions: Take 1 tablet daily after any meal.
Whole food based for faster disintegration.

GLUTEN FREE | VEGETARIAN | HYPOALLERGENIC

Contains no: sugar, gelatin, nuts, wheat, yeast, pollen, buckwheat, dairy, corn or soy residues, hidden additives or artificial colorings.

*** Contains 3 times more total vitamins
than leading one-per-day multivitamins.**

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

Formulated by and Manufactured for SuperNutrition

SuperNutritionUSA.com

Oakland, CA 94612

800.262.2116

100% GUARANTEED

With Proof of Purchase

Store in a cool,
dry place



**3X THE VITAMIN
PROTECTION***

**Super
Nutrition**
SINCE 1977

SIMPLYONE®

Men
Triple Power!
THE MOST EFFECTIVE
MULTIVITAMINS
KNOWN TO SCIENCE



FEEL YOUNGER†

GET HEALTHIER‡

FEEL BETTER ALL DAY‡

MORE ALL-DAY ENERGY‡

— FEEL BETTER IN ONE WEEK —
OR YOUR MONEY BACK

30 TABLETS | A DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% DV
Vitamin A (as retinol palmitate, 25% (1000 IU) as beta-carotene)	4000 IU	80 %
Vitamin C (ascorbic acid)	150 MG	250 %
Vitamin D (as vitamin D3)	3000 IU	750 %
Vitamin E (as d-alpha tocopheryl succinate)	60 IU	200 %
Vitamin K (as phytonadione)	90 MCG	113 %
Thiamin (vitamin B1)	45 MG	3000 %
Riboflavin (vitamin B2)	35 MG	2059 %
Niacin**	45 MG	225 %
Vitamin B6 (as pyridoxine HCl)	35 MG	1750 %
Folic Acid	1000 MCG	250 %
Vitamin B12 (as methylcobalamin)	150 MCG	2500 %
Biotin (as d-biotin)	325 MCG	108 %
Pantothenic Acid (as d-calcium pantothenate)	35 MG	350 %
Calcium (as calcium carbonate, calcium citrate)	100 MG	10 %
Iron (as ferrous carbonyl)***	8 MG	44 %
Iodine (from kelp)	225 MCG	150 %
Magnesium (as magnesium oxide, magnesium glycinate)	50 MG	13 %
Zinc (as zinc oxide, zinc citrate)	23 MG	153 %
Selenium (as sodium selenite)	225 MCG	321 %
Copper (as copper glycinate)	2 MG	100 %
Manganese (as manganese sulfate, manganese citrate)	5 MG	250 %

Other Ingredients: Microcrystalline Cellulose, Stearic Acid (Vegetable Source), Croscarmellose Sodium, Magnesium Stearate (Vegetable Source), Calcium Silicate, Natural Vanilla ** Niacin is two-stage, low flush ***Iron pre-coated to prevent interaction with Vitamin E Certified Organic

	Amount Per Serving	% DV
Chromium (as chromium polynicotinate)	225 MCG	188 %
Molybdenum (as molybdenum trioxide)	100 MCG	133 %
Potassium (as potassium chloride, potassium succinate)	5 MG	<1 %
Betaine (as betaine HCl)	25 MG	-
Bioflavonoids (from lemon fruit)	30 MG	-
Bioperine® (black pepper seed extract)	5 MG	-
Boron	2 MG	-
Choline (as choline bitartrate)	35 MG	-
Glutamic Acid (as glutamic acid HCl)	5 MG	-
Hesperidin (from citrus)	5 MG	-
Inositol	30 MG	-
Para-Aminobenzoic Acid	30 MG	-
Rutin	5 MG	-
Whole Food & Herb Blend	100 MG	-
Alfalfa leaf , Damiana herb, Nettles root , Ashwagandha root , Avena sativa leaf, Pumpkin seed, Tribulus terrestris herb, Epimedium leaf, Muira puama herb, Eleutherococcus senticosus root , Spirulina herb , Chlorella, Iceland moss, Sarsaparilla root, Fo Ti root, Bromelain		
Antioxidant Blend	50 MG	-
Quercetin, Co-Q10, Lutein, Lycopene, Grape seed extract, Pine bark extract, Alpha-Lipoic Acid, Ginkgo leaf extract, Green Tea leaf extract, Bilberry fruit , Hawthorn berry extract (4:1), N-Acetyl Cysteine, Ginseng root, DMAE		

*Daily Value (DV) Not Established