

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[®]

50+ Men

Triple Power!

*THE MOST EFFECTIVE
MULTIVITAMINS
KNOWN TO SCIENCE*

FEEL YOUNGER‡

GET HEALTHIER‡

SHARPER MENTAL FOCUS‡

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, 17% (1000 IU) as beta-carotene)	6000 IU	120 %
Vitamin C (ascorbic acid)	175 MG	292 %
Vitamin D (as vitamin D3)	3000 IU	750 %
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333 %
Vitamin K (as phytonadione)	100 MCG	125 %
Thiamin (vitamin B1)	50 MG	3333 %
Riboflavin (vitamin B2)	45 MG	2647 %
Niacin**	50 MG	250 %
Vitamin B6 (as pyridoxine HCl)	40 MG	2000 %
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)	40 MG	400 %
Calcium (as calcium carbonate, calcium citrate)	200 MG	20 %
Iron (as ferrous carbonyl)***	18 MG	100 %
Iodine (from kelp)	225 MCG	150 %
Magnesium (as magnesium oxide, magnesium glycinate)	55 MG	14 %
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)	8 MG	400 %

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 † Bilberry and Lutein support eye health ‡

	Amount Per Serving	% DV
Chromium (as chromium polynicotinate)	225 MCG	188 %
Molybdenum (as molybdenum trioxide)	125 MCG	167 %
Potassium (as potassium chloride, potassium succinate)	10 MG	<1 %
Betaine (as betaine HCl)	10 MG	-
Organic Bilberry leaf †	25 MG	-
Flavonoids (from lemon fruit)	25 MG	-
Bioperine® (black pepper seed extract)	5 MG	-
Boron	2 MG	-
Choline (as choline bitartrate)	20 MG	-
Ginkgo leaf extract	30 MG	-
Glutamic Acid (as glutamic acid HCl)	5 MG	-
Hesperidin (from citrus)	5 MG	-
Inositol	20 MG	-
L-Phenylalanine	100 MG	-
L-Tyrosine	10 MG	-
Lycopene	775 MCG	-
Lutein †	775 MCG	-
Para-Aminobenzoic Acid	20 MG	-
Rutin	5 MG	-
100% Organic Whole Food & Herb Blend	50 MG	-
Alfalfa leaf, Kale leaf, Spirulina herb, Nettles root, Ashwagandha root		
Antioxidant Blend	50 MG	-
Quercetin, Co-Q10, Grape seed extract, Pine bark extract, Alpha-Lipoic Acid, Ginseng root, Green Tea leaf extract, Hawthorn berry extract (4:1), N-Acetyl Cysteine, DMAE		

**Daily Value (DV) Not Established*