

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+ Women

Triple Power!

**THE MOST EFFECTIVE
MULTIVITAMINS
KNOWN TO SCIENCE**

FEEL YOUNGER‡

GET HEALTHIER‡

MORE ALL-DAY ENERGY‡

SUPPORTS BONE HEALTH‡



**— FEEL BETTER IN ONE WEEK —
OR YOUR MONEY BACK**

90 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)	45 MG	3000 %
Riboflavin (vitamin B2)	40 MG	2353 %
Niacin**	50 MG	250 %
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)	200 MG	20 %
Iron (as ferrous carbonyl)***	22 MG	122 %
Iodine (from kelp)	225 MCG	150 %
Magnesium (as magnesium oxide, magnesium glycinate)	110 MG	28 %
Zinc (as zinc oxide, zinc citrate)	18 MG	120 %
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	-
Bioflavonoids (from lemon fruit)	35 MG	-
Bioperine® (black pepper seed extract)	5 MG	-
Boron	2 MG	-
Choline (as choline bitartrate)	20 MG	-
Ginkgo leaf extract	25 MG	-
Glutamic Acid (as glutamic acid HCl)	5 MG	-
Hesperidin (from citrus)	5 MG	-
Inositol	20 MG	-
L-Phenylalanine	90 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	-
Aitaita leaf, Kale leaf, Spirulina herb, Wild Yam root, Rosemary leaf, Watercress leaf		
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