

Other Ingredients
All non-herb ingredients used in this product are of the highest quality.

Organic Whole Food-Based Tablets
A DIETARY SUPPLEMENT FOR WOMEN OF ALL AGES
DIRECTIONS: TAKE 2 TABLETS AFTER EACH MEAL
THREE TIMES PER DAY.

VEGETARIAN (HYPOALLERGENIC) GLUTEN FREE
Contains no gluten, gelatin, soy, wheat, yeast, pollen, sugar, buckwheat, dairy, corn or any residues, hidden additives, sodium aluminum silicate, 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.

STURDY IN A COOL, DRY PLACE - Moisture control and aroma may vary or change over time due to natural ingredients.

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

SuperNutrition™
www.SuperNutritionUSA.com
Oakland, CA 94612 | 800.262.2116

90 MULTIVITAMIN TABLETS

100% MONEY BACK GUARANTEE

Barcode: 0 33739 00165 9

NEW! LOOK

Super Nutrition™
SINCE 1977

Women's Blend

ANTIOXIDANT-RICH MULTIVITAMIN

The most effective multivitamin known to science.
Optimal support for heart, bones, brain, immunity, and energy, with anti-aging and anti-stress benefits.*

90 MULTIVITAMIN TABLETS

Supplement Facts
Serving Size 2 Tablets • Servings Per Container 15

	AMOUNT PER SERVING	% DV
Vitamin A (Palmitate)	1000 IU	100%
Vitamin C (Ascorbic Acid)	1000 MG	1667%
BIOFLAVONOIDS (From Citrus)	2 MG	66%
BORON (From Krebs Cycle Boron)	3 MG	60%
CHOLINE (Bifibrate)	100 MG	133%
GLA (From Borage)	2 MG	13%
GLUTAMIC ACID (HCl)	30 MG	100%
HERPIDIUM (From Citrus)	2 MG	500%
INOSITOL	75 MG	418%
PABA (Para Amino Benzoic Acid)	69 MG	400%
RUTIN (From Escalopine)	5 MG	100%
VITEX (S.T. Extract)	100 MG	250%
VIT. E MIXED TOCOPHEROLS (Gamma)	7 MG	250%
(Alpha, Beta, Delta)	4 MG	250%
ORGANIC HERBS & WHOLE FOOD BLEND: Rose Hips, Alfalfa II, Astragalus II, Arctostaphylos Lance II, Chlorophyll II, Codonopsis II, Dandelion II, Fo-Ti II, Ginger II, Gotu Kola II, Licorice II, Maca II, Nettles II, Pau d'Arco II, Rehmannia II, Spirulina II, Kale II	150 MG	
OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, Magnesium Stearate, Stearic Acid, Calcium Stearate		

*Daily Value Not Established
Note: Plant cellulose tablet coating contains citrus & vanilla flavoring.

NEW! IMPROVED FORMULA LOOK

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THIS BOX IS MADE FROM RECYCLED PAPERBOARD

optimal plus body nutrition

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! Our blend of nutrients and scientifically proven potencies reduces the need to buy additional vitamins or minerals or take extra tablets.*

Supports stronger bones. You get 1000 mg of Calcium, 2500 IU of Vitamin D3, 600 mg of Magnesium, 90 mcg of Vitamin K2 (MK-7) and full potencies of seven other bone-building nutrients.*

Heart health. You get 400 IU of Vitamin E, 1000 mcg of Folic Acid and 250 mcg of Selenium for heart health, plus a full 1000 mg of Vitamin C.*

Reduced PMS. Our balanced blend is guaranteed to reduce PMS discomfort, if any, or your money back. Optimum reduction happens in the third cycle.*

Balanced for women. With higher potencies of the B-Complex plus organic Vitex extract and a variety of organic herbs and green foods.*

See The Proof.
www.SuperNutritionUSA.com/science.php

*These statements have not been evaluated by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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.

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Healthier. Happier. Smarter.
Energetic life you want to live.
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OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, Magnesium Stearate, Stearic Acid, Calcium Stearate		

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Note: Plant cellulose tablet coating contains citrus & vanilla flavoring.

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No nutritional claims made for these ingredients.

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BETA CAROTENE	100 IU	20%
BETAINE (HCl)	100 MG	20%
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Contains no: gluten, gelatin, nuts, wheat, yeast, pollen, sugar, buckwheat, dairy, corn or any residues, hidden additives, sodium aluminum silicate, dyes or artificial colorings.

100% MONEY BACK GUARANTEE

FORMULATED BY AND MANUFACTURED FOR
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*See website for details on Money Back Guarantee

Barcode: 0 33739 00165 9

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VITAMIN D (Vitamin D3)	2500 IU	625%
VITAMIN E (Natural Vitamin E Succinate)	400 IU	1333%
VITAMIN K1 (Phytonadione)	80 MCG	100%
VITAMIN K2 (MK-7)	90 MCG	13%
THIAMINE (Vitamin B1)	75 MG	5000%
RIBOFLAVIN (Vitamin B2)	70 MG	418%
VITAMIN B3 (Niacin - Two-Stage, Low Flush)	80 MG	400%
VITAMIN B5 (Niacinamide)	60 MG	300%
PIRIDOXINE (Vitamin B6)	250 MG	12500%
FOLIC ACID	1000 MCG	250%
CYANOCOBALAMIN (Vitamin B12)	250 MCG	4167%
BIOTIN (d-Biotin)	660 MCG	220%
PANTOTHENIC ACID (Calcium Pantothenate)	175 MG	1750%
CALCIUM (Carbonate & Citrate)	1000 MG	100%
IRON (Ferrous Carbonyl)*	30 MG	167%
IODINE (From Kelp)	275 MCG	183%
MAGNESIUM (Oxide & Glycinate)	600 MG	150%
ZINC (Oxide & Citrate)	30 MG	200%
SELENIUM (Sodium Selenite)	250 MCG	357%
COPPER (Glycinate)	2.5 MG	125%
MANAGANASE (Sulfate & Citrate)	10 MG	500%
CHROMIUM (Polynicotinate & Picolinate)	250 MCG	208%
MOLYBDENUM (Trioxide)	150 MCG	200%
POTASSIUM (Chloride & Succinate)	99 MG	3%

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

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A dietary supplement for women of all ages. Tablets are food-based for fast, easy disintegration.

DIRECTIONS: TAKE 2 TABLETS AFTER EACH MEAL THREE TIMES PER DAY

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Store in a cool, dry place or frost-free refrigerator.
Product color and aroma may vary or change over time due to natural ingredients.

***Improved Formula.**
Now with more of the nutrients you want.
See our website.