spreadsheet 7.2

Other Ingredients

No nutritional claims made for these ingredients.

	AMOUNT PER SERVING	% DV
BETA CAROTENE	100 IU	*
BETAINE *(HCl)*	100 MG	*
BIOFLAVONOIDS *(From Citrus)*	2 MG	*
BORON *(From Krebs Cycle Boron)*	3 MG	*
CHOLINE *(Bitartrate)*	100 MG	*
GLA *(From Borage)*	2 MG	*
GLUTAMIC ACID *(HCl)*	30 MG	*
HESPERIDIN *(From Citrus)*	2 MG	*
INOSITOL	75 MG	*
PABA *(Para Aminio Benzoic Acid)*	69 MG	*
RUTIN *(From Eucalyptus)*	5 MG	*
VITEX *(5:1 Extract)*	100 MG	*
VIT. E MIXED TOCOPHEROLS *(Gamma)*	7 MG	*
(Alpha, Beta, Delta)	4 MG	*
ORGANIC HERB & WHOLE FOOD BLEND	150 MG	*

Rose Hips, Alfalfa ft., Astragalus rt., Atracytodes Lance rt., Chlorella h., Codonopsis rt., Dandelion rt., Fo-Ti rt., Ginger rt., Gotu Kola lf., Licorice rt., Maca rt., Nettles lf., Pau d'Arco bk., Rehmannia rt., Spirulina h., Kale

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.

Organic Whole Food-Based Tablets

A DIETARY SUPPLEMENT FOR WOMEN OF ALL AGES

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

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.

STORE IN A COOL, DRY PLACE. Product color and aroma may vary or change over time due to natural ingredients.

SuperNutrition™
www.SuperNutritionUSA.com
Oakland, CA 94612 | 800.262.2116
*See website for details on Money Back Guarantee

100% SATISFACTION GUARANTEE

0 33739 00166 8

NEW! IMPROVED FORMULA‡ 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.*

Supplement Facts

Serving Size 6 Tablets • Servings Per Container 15

	AMOUNT PER SERVING	% DV
VITAMIN A *(Palmitate)*	5000 IU	100 %
VITAMIN C *(Ascorbic Acid)*	1000 MG	1667 %
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)*	90 MCG	113 %
THIAMINE *(Vitamin B1)*	75 MG	5000 %
RIBOFLAVIN *(Vitamin B2)*	70 MG	4118 %
VITAMIN B3 *(Niacin - Two-Stage, Low Flush)*	80 MG	400 %
VITAMIN B3 *(Niacinamide)*	60 MG	300 %
PYRIDOXINE *(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 %
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 %
MANGANESE *(Sulfate & Citrate)*	10 MG	500 %
CHROMIUM *(Polynicotinate & Picolinate)*	250 MCG	208 %
MOLYBDENUM *(Trioxide)*	150 MCG	200 %
POTASSIUM *(Chloride & Succinate)*	99 MG	3 %

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

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Organic Whole Food-Based Tablets

Store in a cool, dry place or frost-free refrigerator.

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‡Improved Formula.

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

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

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optimal plus™ body nutrition

90 MULTIVITAMIN MULTIMINERAL TABS SUPPLEMENT

IRON-FREE

THIS BOX IS MADE FROM RECYCLED PAPERBOARD

This package is for households *without* young children.

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 (MK7) 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

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GLUE PAPER

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GLUE PAPER

Super NutritioN™ SINCE 1977

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™ HEALTHIER. HAPPIER. SMARTER. SINCE 1977

IRON-FREE