

SIMPLYONE

SimplyOne Women

- For a balanced female hormone system
- The only women's one-per-day with an FDA-registered health claim guaranteed to reduce PMS discomfort - optimal reduction happens during the third cycle
- 30 mg vitex (5:1 chaste berry extract)
- 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.
- 1 tablet per day
- Also available iron-free

ORGANIC, WHOLE FOOD-BASED TABLETS

Our nutrient sources are all hypoallergenic and gluten-free since 1977

HIGH POTENCY 1 PER DAY MULTIVITAMIN

Simply One Women multivitamin is the highest potency Women's one daily multivitamin in the world and it's the world's best buy! It has up to 25 times more B-vitamins than the best ordinary 1-per-day Women's multivitamin! It has higher potencies of Vitamins C & E, up to 5 times more Vitamin D, and the most Calcium of any women's one-daily. And it generates approximately 25 times more health and nutritional benefits than the best ordinary one-daily women's multivitamin.

Guaranteed to Reduce PMS

with:

- Vitex (herb) - 30 mg of 5:1 extract
- Vitamin B6 – 100 mg
- Vitamin D – 3,000 IU

So powerful [we guarantee](#) it will reduce your PMS discomfort, or your money back!

A NOTE ABOUT ADDITIONAL CALCIUM AND MAGNESIUM

One-per-day multi-vitamins deliver many nutrients in one tablet and therefore have little room for adequate calcium and magnesium (which requires 3 or more tablets). We strongly suggest that you consider adding a bone building supplement, such as 2 tablets a day of our Calcium Blend, to any one-per-day multi-vitamin.



All products independently certified **Non-GMO**.

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

Supplement Facts & Ingredients

With Iron:

Supplement Facts			Amount Per Serving		% DV
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)			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)			80 MCG		100 %
Thiamin (vitamin B1)			40 MG		2667 %
Riboflavin (vitamin B2)			30 MG		1765 %
Niacin**			40 MG		200 %
Vitamin B6 (as pyridoxine HCl)			100 MG		5000 %
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)			210 MG		21 %
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)			5 MG		250 %
Chromium (as chromium polynicotinate)			225 MCG		188 %
Molybdenum (as molybdenum trioxide)			80 MCG		107 %
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		*
Bromelain			10 MG		*
Choline (as choline bitartrate)			30 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		*
Vitex (5:1 Extract)			30 MG		*
100% Organic Whole Food & Herb Blend			73 MG		*
Alfalfa leaf, Red Clover flower, Spirulina herb					
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, Organic Bilberry fruit, Hawthorn berry extract (4:1), N-Acetyl Cysteine, Ginseng root, DMAE					
*Daily Value (DV) Not Established					

Other Ingredients: Microcrystalline Cellulose, Stearic Acid, Croscarmellose Sodium, Magnesium Stearate, Calcium Silicate, Natural Vanilla
** Niacin is two-stage, low flush ***Iron precoated to prevent interaction with Vitamin E.

Directions

Take 1 tablet per day after a meal.

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