

NEW LOOK — IMPROVED FORMULA

Directions: Take 4 tablets after breakfast and 4 tablets after lunch or dinner. Whole food based for faster disintegration.

GLUTEN FREE | VEGETARIAN | HYPOALLERGENIC
Contains no: GMO's, sugar, gelatin, nuts, wheat, yeast, pollen, buckwheat, dairy, corn or soy residues, hidden additives or artificial colorings.

Formulated by and Manufactured for SuperNutrition

SuperNutritionUSA.com

Oakland, CA 94612 — 800.262.2116

100% GUARANTEED

With Proof of Purchase

Vitamins A, D & K2 (MK-7) support heart health.*

MenaQ7
Natural Vitamin K2



A Trademark Of
NattoPharma ASA, Norway

WARNING: Consult your doctor before using if taking blood-thinning medications or planning any medical procedure

* 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.

 Store in a cool, dry place.



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SCIENTIFICALLY
PROVEN
POTENCIES

**Super
Nutrition™**
SINCE 1977

Easy Swallow

Perfect Family

WORLD'S BEST VALUE

The most effective multivitamin known to science. Optimal support for heart, bones, brain, immunity with extra energy for the whole family.*



— FEEL HEALTHIER IN ONE WEEK —
OR YOUR MONEY BACK

A DIETARY SUPPLEMENT | 240 TABLETS Easy Swallow

Supplement Facts

Serving Size 8 Tablets
Servings Per Container 30

	Amount Per Serving	% DV
Vitamin A (as retinol palmitate)	5000 IU	100 %
Vitamin C (ascorbic acid)	1200 MG	2000 %
Vitamin D (as vitamin D3)	2500 IU	625 %
Vitamin E (as d-alpha tocopheryl succinate)	400 IU	1333 %
Vitamin K (as vitamin K1 (as phytonadione))	80 MCG	100 %
Vitamin K (as vitamin K2 (as menaquinone-7)†)	45 MCG	56 %
Thiamine (vitamin B1)	75 MG	5000 %
Riboflavin (vitamin B2)	70 MG	4118 %
Niacin**	100 MG	500 %
Vitamin B6 (as pyridoxine HCl)	125 MG	6250 %
Folic Acid	1000 MCG	250 %
Vitamin B12 (as cyanocobalamin)	225 MCG	3750 %
Biotin (as d-biotin)	330 MCG	110 %
Pantothenic Acid (as d-calcium pantothenate)	175 MG	1750 %
Calcium (as calcium carbonate, calcium citrate)	500 MG	50 %
Iron (as ferrous carbonyl)***	18 MG	100 %
Iodine (from kelp)	225 MCG	150 %
Magnesium (as magnesium oxide, magnesium glycinate)	500 MG	125 %
Zinc (as zinc oxide, zinc citrate)	30 MG	200 %
Selenium (as sodium selenite)	225 MCG	321 %
Copper (as copper glycinate)	2.5 MG	125 %

Other Ingredients: Stearic Acid (Vegetable Source), Microcrystalline Cellulose, Croscarmellose Sodium, Magnesium Stearate (Vegetable Source), Natural Vanilla  Certified Organic ** Niacin is two-stage, low flush

† Natural vitamin K2 fermented on chickpeas as **MenaQ7** ***Iron pre-coated to prevent interaction with Vitamin E

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.

	Amount Per Serving	% DV
Manganese (as manganese sulfate, manganese citrate)	10 MG	500 %
Chromium (as chromium polynicotinate)	225 MCG	188 %
Molybdenum (as molybdenum trioxide)	150 MCG	200 %
Potassium (as potassium chloride, potassium succinate)	99 MG	3 %
Betaine (as betaine HCl)	125 MG	*
Bioflavonoids (from lemon fruit)	1.4 MG	*
Boron	3 MG	*
Choline (as choline bitartrate)	150 MG	*
GLA (Gamma Linolenic Acid, from borage)	1.4 MG	*
Glutamic Acid (as glutamic acid HCl)	5 MG	*
Hesperidin (from citrus)	1.4 MG	*
Inositol	25 MG	*
Para-Aminobenzoic Acid	33 MG	*
Rutin	3.4 MG	*
Vitamin E Mxtd Tocopherols (Gamma) (Alpha, Beta, Delta)	7 MG	*
	4 MG	*
Whole Food & Herb Blend	150 MG	*
Rose Hips  , Alfalfa leaf  , Astragalus Membranaceus root  , Abrachyodes Lancia root  , Fiehmanna root  , Suma stem  , Maca root  , Fo-Ti root  , Codonopsis root  , Licorice root  , Ginger root  , Nettles leaf  , Pau d'Arco bark  , Gota Kola leaf  , Spirulina herb  , Dandelion root  , Chlorella herb 		

*Daily Value (DV) Not Established