

NEW LOOK — IMPROVED FORMULA

Directions: Take 2 tablets after each meal 3 times per day. 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.

‡ Cholesterol already within the normal range

Store in a cool,
dry place.



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SCIENTIFICALLY
PROVEN
POTENCIES

**Super
Nutrition™**
SINCE 1977

Women's Blend

ANTIOXIDANT-RICH MULTIVITAMIN

Supports All-Day Energy,
Healthy Cholesterol‡,
Stronger Bones,
& Reduced PMS*



Now with
**180 mcg
K2**

— FEEL BETTER IN ONE WEEK —
OR YOUR MONEY BACK

A DIETARY SUPPLEMENT | 180 TABLETS IRON-FREE

Supplement Facts

Serving Size 6 Tablets
Servings Per Container 30

	Amount Per Serving	% DV
Vitamin A (as retinol palmitate)	5000 IU	100 %
Vitamin C (ascorbic acid)	1000 MG	1667 %
Vitamin D (as vitamin D3)	2500 IU	625 %
Vitamin E (as d-alpha tocopheryl succinate)	400 IU	1333 %
Vitamin K (as vitamin K2 (as menaquinone-7)†)	180 MCG	225 %
Thiamine (vitamin B1)	75 MG	5000 %
Riboflavin (vitamin B2)	70 MG	4118 %
Niacin (as niacin**, niacinamide)	140 MG	700 %
Vitamin B6 (as pyridoxine HCl)	250 MG	12500 %
Folic Acid	1000 MCG	250 %
Vitamin B12 (as methylcobalamin)	250 MCG	4167 %
Biotin (as d-biotin)	660 MCG	220 %
Pantothenic Acid (as d-calcium pantothenate)	175 MG	1750 %
Calcium (as calcium carbonate, calcium citrate)	1000 MG	100 %
Iodine (from kelp)	275 MCG	183 %
Magnesium (as magnesium oxide, magnesium glycinate)	600 MG	150 %
Zinc (as zinc oxide, zinc citrate)	30 MG	200 %
Selenium (as sodium selenite)	250 MCG	357 %

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

† Natural vitamin K2 fermented on chickpeas as 

	Amount Per Serving	% DV
Copper (as copper glycinate)	2.5 MG	125 %
Manganese (as manganese sulfate, manganese citrate)	10 MG	500 %
Chromium (as chromium polynicotinate)	250 MCG	208 %
Molybdenum (as molybdenum trioxide)	150 MCG	200 %
Potassium (as potassium chloride, potassium succinate)	99 MG	3 %
Betaine (as betaine HCl)	100 MG	*
Bioflavonoids (from lemon fruit)	2 MG	*
Boron	3 MG	*
Choline (as choline bitartrate)	100 MG	*
GLA (Gamma Linolenic Acid, from borage)	2 MG	*
Glutamic Acid (as glutamic acid HCl)	30 MG	*
Hesperidin (from citrus)	2 MG	*
Inositol	75 MG	*
Para-Aminobenzoic Acid	69 MG	*
Rutin	5 MG	*
Vitamin E Mixed Tocopherols (Gamma) (Alpha, Beta, Delta)	7 MG 4 MG	* *
Women's Balancing Herb, Flower & Organic Whole Food Blend: Chaste Berry 5:1 Extract (Vitex Agnus Castus), Alfalfa leaf  Atractylodes Lanca root, Rehmannia root  Pau d'Arco bark  Rax seed, Rosemary leaf  Nettles leaf  Cramp Bark, Turmeric root  Strawberry leaf, Squawvine leaf, Ginger root  Peony root, Dandelion root  Wild Yam root  Licorice root  Flower Petals of: Rosebud, Hibiscus, Heather, Lavender & Passion Flower 	300 MG	*

* Daily Value (DV) Not Established