





SuperNutrition Nutrient Flow Chart

This chart shows the increased nutritional benefits received when you graduate from our One-Per-Day formulas, to our Blends and finally to our Advanced Formulas.

One-Per-Day			Advanced Blend Family				Anti-Aging Formulas		
Simply One Women (1 Tab)	Simply One Men (1 Tab)	Simply One Prenatal (1 Tab)	Perfect Blend (4 Tabs)	Men's Blend (6 Tabs)	Women's Blend (6 Tabs)	PreNatal Blend (6 Tabs)	Super Blend (8 Tabs)	Menopause Multiple (8 Tabs)	Opti-Pack (6 Tabs)
									

 ENERGY										
B1 (mg)	40	45	40	68	68	68	68	75	86	150
B2 (mg)	30	35	30	60	60	60	60	65	66	100
B3 (mg)	40	45	40	100	140	140	122	205	140	300
Pantothenic Acid B5 (mg)	35	35	35	150	150	150	150	165	150	300
B6 (mg) *	35	35	35	66	66	200	110	200	200	250
B12 (mg) *	150	150	150	200	200	200	200	1000	1000	1000
Folic Acid (mcg) *	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000
Biotin (mcg)	325	325	330	600	600	600	600	600	600	600
 IMMUNITY										
Vitamin E (IU) *	120	120	120	400	400	400	400	800	800	800
Vitamin C (mg)	150	150	150	1000	1250	1000	1000	1500	1500	1200
Beta Carotene (IU)	11000	11000	11000	12000	12000	12000	12000	15000	12000	15000
Selenium (mcg)	225	225	225	200	250	250	200	250	250	250
 BONE HEALTH										
Calcium (mg)	210	100	210	500	600	1000	1200	1000	1500	1250
Magnesium (mg)	110	50	100	300	600	600	650	600	600	700
Vitamin D (IU)	500	500	500	1000	1000	1000	1000	1000	1000	1000

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Magnesium (mg)	110	50	100	300	600	600	650	600	600	700
Vitamin D (IU)	500	500	500	1000	1000	1000	1000	1000	1000	1000
 HEART HEALTH										
Vitamin E (IU)	120	120	120	400	400	400	400	800	800	800
Folic Acid (mcg)	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000
B6 (mg)	35	35	35	66	66	200	110	200	200	250
B12 (mcg)	150	150	150	200	200	200	200	1000	1000	1000

*Also included in the Heart Health Formula