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Scientifically Proven Potencies
Formulas You Feel
Super Nutrition
 Celebrating 30 Years of More!

Our Products

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■ MULTI-VITAMINS ■

One-Per-Days



Simply One Men Simply One Women Simply One Simply One Prenatal

Advanced Blends



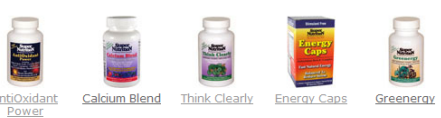
Perfect Blend Women's Blend Men's Blend Prenatal Blend Perfect Kids

Anti-Aging Formulas

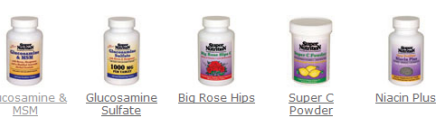


Super Blend Menopause Multiple Opti-Pack

■ BOOSTERS ■



AntiOxidant Power Calcium Blend Think Clearly Energy Caps Greenery




Glucosamine & MSM Glucosamine Sulfate Big Rose Hips Super C Powder Niacin Plus

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Distinguishing Features of SuperNutrition Products

Scientifically proven potencies and food-based tablets: the best of both worlds!

- **So much more!**
Only SuperNutrition gives you multi-vitamins in scientifically proven potencies with generous amounts of greenfoods and herbs. Our multi-vitamins are so complete they reduce the need to buy additional vitamins and minerals or to take extra tablets.
- **Enriched with organic greenfoods & herbs**
 Our family of blends is enriched with organic greenfoods and herbs* - Note that not all greenfoods and herbs are available as organic.
 The greenfoods and herbs in SuperNutrition's Blend family of multi-vitamins contain phyto-nutrients and phyto-antioxidants to complement our orthomolecular balance of vitamins and minerals. They also serve to promote rapid disintegration. [More Info](#)
- **Fast disintegrating, food-based tablets**
- **Vegetarian**
- **Hypoallergenic - no yeast, wheat, gluten, pollen, dairy, corn or soy residues and no hidden additives**
- **Available in regular and Iron-free versions**
Iron Carbonyl - the safest form of Iron
 We use Iron carbonyl because it takes longer to absorb than other forms of Iron, but still absorbs as well. This delay in absorption reduces the possibility of an overload of Iron, making it the safest form of Iron.
- **Low-flush, fast release Niacin**
 We use an exclusive Two-Stage Fast Release form of Niacin in our multi-vitamins. Though all of our multi-vitamins include this beneficial nutrient, consumers generally only experience the "Niacin flush" when using our Opti-Pack formulas. Our special form of Niacin reduces the likelihood of a Niacin flush, but consumers still receive the benefits of the Niacin form of Vitamin B3.

Why SuperNutrition uses Niacin - safe, beneficial & invigorating
 SuperNutrition predominately uses Niacin over Niacinamide because it is the more active form of Vitamin B3.

Taking Niacin may result in a "Niacin flush." The Niacin flush is beneficial in that it relaxes the smooth muscles in the mid-size arteries causing the blood vessels to relax and dilate. This expands the width of the blood vessels and improves the delivery of oxygen and nutrients to the cells while increasing waste product removal from the cells. Niacinamide does not offer this benefit.

The Niacin flush may result in a warm, tingling, reddening of the skin. The Niacin flush can last from 15 minutes to 1 hour and may be followed by a slight passing chill. In very rare cases, the Niacin flush may result in a rash or other mild side effects which disappear on lowering the dose or discontinuing.

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Key Product Benefits of Our Multi-Tablet Multi-

Simply One Family

Potent, food-based one-per-day multi-vitamins



Simply One Women:

For a balanced female system – with 20 mg of Vitex

Simply One Men:

For increased vitality - a nutritional herb-greenfoods blend

featuring Ashwaganda

Advanced Blend Multi-Vitamins

Food-based, antioxidant rich blends with formulas to support bone, heart, energy and immune health



Women's Blend

Increased energy and bone health, including 1,000 mg of

Calcium

Men's Blend

Strength and vitality including an energizing, balanced B-

Complex.

Anti-Aging Formulas

Unequaled nutrition with the highest antioxidant potencies for women and men



Super Blend:

World's most comprehensive multi-vitamin, multi-mineral, antioxidant formula including CoQ10, alpha-Lipoic Acid, and

Opti-Pack:




Highest energy multi-vitamin formula with a high ORAC

greenfood and berry blend in convenient packets.


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

SuperNutrition Nutrient Flow Chart

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