

Our Products

Distinguishing Features of Our Products **Key Product Benefits of Our Multi-Vitamins Our Three Supplement Categories** Our Nutrient Flow Chart

■ MULTI-VITAMINS ■

One-Per-Days









Simply One

Advanced Blends











Perfect Blend Women's Blend Men's Blend PreNatal Blend

Anti-Aging Formulas







Opti-Pack

■ BOOSTERS ■













Think Clearly Calcium Blend







Big Rose Hips

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Distinguishing Features of SuperNutrition Products Scientifically proven potencies and food-based tablets: the best of both

· 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

• 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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Vitamins

Our comprehensive, full-potency multi-vitamin formulas reduce the need to buy additional vitamins, minerals or antioxidants and reduce the need for extra tablets.

Our antioxidant rich multi-vitamins include multiple formulas in just one bottle to support energy, immunity, bone health and heart health.

More Energy

B-Complex vitamins to improve natural energy production.



More Immune Support Rich potencies of antioxidants including Vitamin E, Vitamin C, Beta-Carotene, Selenium

More Bone Support





More Heart Support

1,000 mcg Folic Acid plus Vitamin E, Vitamin B6, Vitamin B12 and Betaine to reduce excess homocysteine production.

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Our Three Supplement Categories

All of our multi-vitamins are in an orthomolecular balance, vegetarian. hypoallergenic, and contain the richest potencies available in each of their supplement categories.

Our tablets are food-based and enriched with organic greenfoods and herbs.

One-Per-Days

- . For men, women, pregnant and nursing women or the whole family
- . 1,000 mcg Folic Acid for heart health and prenatal health
- Nutritional herbs for women or men
- · High B-Vitamin potencies for energy you feel

- Optimal nutrition in 4 to 6 tablets per day
- For men, women, pregnant and nursing women, kids or the whole family
- · Robust B-vitamins for all day energy
- · Antioxidant-rich for immune support
- 500 to 1,200 mg Calcium and 1,000 IU Vitamin D for bone health support
- Heart healthy with 1,000 mcg Folic Acid, dose-effective potencies of Vitamin B6 and Vitamin B12 and 400 IU Vitamin E

Anti-Aging Formulas

- Unequaled nutrition in 6 to 12 tablets per day
- Robust B-Complex for energy, energy and more energy
- Richest antioxidant potencies for immune support
- 1,000 to 1,500 mg Calcium and 1,000 IU Vitamin D for bone health support
- Hearth healthy with 1,000 mcg Folic Acid, dose-effective potencies of Vitamin B6 and Vitamin B12 and 800 IU Vitamin E

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Simply One Family

Potent, food-based one-per-day multivitamins



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

SuperNutrition



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

SuperNutrition DMAE.

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 Bland Family				Anti Aning Formulas		
				Advanced Blend Family				Anti-Aging Formulas		
	Simply One Women	Simply One Men	Simply One Prenatal	Perfect Blend	Men's Blend	Women's Blend	PreNatal Blend	Super Blend	Menopause Multiple	Opti- Pack
	(1 Tab)	(1 Tab)	(1 Tab)	(4 Tabs)	(6 Tabs)	(6 Tabs)	(6 Tabs)	(8 Tabs)	(8 Tabs)	(6 Tabs
				相当				H	100	disc. Opinital production
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
O 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
Mitamin D. (IIII) http://www.supernutritionusa.co	500 om/nutrient	500 flow chart	500 .html (1 of	4000 2) [12/13/2	1000 2007 3:19:0	1000 4 PM1	1000	1000	1000	1000

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
O 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