

Super Multi is a balanced, convenient, economical one a day multiple vitamin/mineral supplement for adults which combines 27 nutrients including:

- Active form of Vitamin B12 (methylcobalamin)
- Active form of Vitamin B6 (pyridoxal-5-phosphate)
- Folate (as L-Methyltetrahydrofolate Calcium)
- Vitamin K2 as Menaquinone-7
- Coenzyme Q10
- Alpha Lipoic Acid
- Lutein, Lycopene and Zeaxanthin

Super Multi offers vital nutrients for support of:

- Bone health by providing adequate dietary intake of all the B
- Vitamins along with Vitamins D & K2, Boron and Zinc.*
- Cardiovascular health by providing Coenzyme Q10, Lycopene,
- Lutein, Zeaxanthin, Vitamins A, C, E, Beta-Carotene and a complete B Vitamin complex.*
- Metabolic functions such as proper blood glucose levels which is supported by Vitamins C, E, B6, B12, Niacin and Biotin as well as Chromium, Alpha Lipoic Acid and Manganese.*
- Antioxidant and free-radical neutralization support due to Vitamin A, C, E, Beta-Carotene, Lutein, Alpha Lipoic Acid, Lycopene and Zeaxanthin.*
- Lipotropic factors like Choline and Inositol, which support fat metabolism and myelin sheath health.*

SUPPLEMENT FACTS

Dose: 1 capsule

	Amount	%DV
Vitamin A (as 50% Retinyl Acetate, 50% Beta-Carotene)	1,050 mcg	117%
Vitamin C (as Ascorbic Acid)	150 mg	167%
Vitamin D3 (as Cholecalciferol)	50 mcg (2,000 IU)	250%
Vitamin E (as d-alpha Tocopheryl Succinate)	20.1 mg	134%
Thiamine (as Thiamine HCl)	5 mg	417%
Riboflavin (as Riboflavin 5-Phosphate)	3.5 mg	269%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B6 (as Pyridoxal 5-Phosphate)	5 mg	294%
Folate (as L-Methyltetrahydrofolate Calcium)	400 mcg DFE	100%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,883%
Biotin	300 mcg	1000%
Pantothenic Acid (as Ca Pantothenate)	10 mg	200%
Choline (as Choline Bitartrate)	25 mg	5%
Iodine (as K Iodide)	150 mcg	100%
Zinc (as Zn Citrate)	25 mg	227%
Selenium (as Selenomethionine)	50 mcg	91%
Manganese (as Mn Citrate)	2 mg	87%
Chromium (as Cr Polynicotinate)	200 mcg	571%
Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS™)	75 mcg	167%
Coenzyme Q10	50 mg	*
Alpha Lipoic Acid	50 mg	*
Inositol	25 mg	*
Lutein	3 mg	*
Boron (as B Amino Acid Chelate)	1 mg	*
Lycopene	500 mcg	*
Zeaxanthin	500 mcg	*
Vitamin K2 (as Menaquinone-7)	50 mcg	*

*Daily Value not established.

Other ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.
Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Directions:

As a dietary supplement, take one capsule daily with food, or as directed by your healthcare practitioner.



To contact Superwell Nutrition visit SuperWellSupplements.com

Consult with your health-care practitioner about your specific circumstances and any questions you may have.

*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.