



NATURE'S SUNSHINE

Super Supplemental (Without Iron)

GOOD FOR

Cardiovascular system

Digestive System

Respiratory System

SIZE **120 tablets**

ITEM # **1379**

SERVING **4**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 4 tablets daily with a meal. These may be taken one at a time with meals and at bedtime.

— How the Key Ingredients Work

Super Supplemental brings together a broad spectrum of vitamins, minerals, amino acids, and plant-based nutrients to help fill the gaps in your everyday diet. Each ingredient is chosen to support the way your body naturally works — from energy and immunity to healthy bones, clear thinking, and everyday vitality.

Vitamin A — Helps keep your eyes, skin, and immune system working the way they should. As a fat-soluble vitamin found in both animal foods and colorful vegetables, it also plays a role in supporting healthy antioxidant defenses and helping the body use iron properly.

Vitamin C — One of the body's most important water-soluble antioxidants. Vitamin C helps build and repair collagen, supports a healthy immune response, helps the body absorb iron from food, and gives the adrenal glands what they need to handle everyday stress.

Vitamin D3 — The sunshine vitamin in its most bioavailable form. D3 supports strong bones, a balanced immune system, and healthy muscle function. It also plays a role in mood and hormone balance, and most people simply don't get enough from sunlight alone.

Vitamin E — A fat-soluble antioxidant that works inside cell membranes to protect them from everyday oxidative wear. Vitamin E helps shield red blood cells and arterial walls from damage, and works hand-in-hand with vitamin C to support healthy circulation.

B Vitamins (B1, B2, B6, B12) — This quartet of B vitamins keeps your energy metabolism humming. B1 supports nerve and digestive health, B2 helps recycle the body's natural antioxidants, B6 assists in making feel-good brain chemicals like serotonin and dopamine, and B12 is essential for healthy red blood cells and a sharp nervous system.

Calcium & Phosphorus — The two minerals that make up the bulk of your bones and teeth. Calcium also helps muscles contract and nerves fire correctly, while phosphorus is a building block for the energy molecule ATP that every cell in your body depends on.

Magnesium — Involved in hundreds of processes in the body, magnesium helps muscles relax, supports restful sleep, keeps the nervous system calm, and plays a key role in how the body produces and uses energy. Many people fall short of their daily needs.

Zinc — An essential trace mineral that touches nearly every corner of health — from immune defense and skin clarity to hormone balance and antioxidant protection. Zinc is a key building block for the enzymes that neutralize harmful free radicals in the body.

Selenium — A trace mineral the body uses to build its own antioxidant enzymes, particularly the ones that neutralize harmful molecules and help keep the immune system balanced. Selenium also plays a supporting role in healthy thyroid function.

Iodine — Your thyroid gland needs iodine to make the hormones that regulate metabolism, energy, and mental clarity. Getting enough iodine daily helps keep your thyroid working smoothly and supports healthy brain function, especially during pregnancy and breastfeeding.

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