

# Super Micros

*complete micronutrient powder*  
superbodyfuel.com/shop/super-micros

## Suggested Use:

Mix ¼ teaspoon (1g) of Super Micros into your favorite shake or smoothie up to four times a day.

Or mix up to 1 teaspoon (4g) of Super Micros into your favorite shake or smoothie once a day.

- Powder will turn dark if damaged by humidity.
- Keep tightly sealed and store in a cool, dry place.
- Take with food to better absorb vitamins and minerals.

Feedback? Email [hello@superbodyfuel.com](mailto:hello@superbodyfuel.com)

Questions? Visit [superbodyfuel.com/faq](https://superbodyfuel.com/faq)

Get more at [superbodyfuel.com/shop](https://superbodyfuel.com/shop)

Best Before {DATE}  
Lot # {LOT}

Net Weight: 4.2 oz (120g)

## Supplement Facts

Serving Size 4g (1 teaspoon) per day

Servings Per Container 30

Amount Per Serving		% DV*
Vitamin A (75% as Beta Carotene, 25% as Retinyl Acetate)	3600 mcg	400%
Vitamin C (as Ascorbic Acid)	360 mg	400%
Vitamin D (as Cholecalciferol from algae)	80 mcg	400%
Vitamin E (as D-Alpha Tocopherol)	30 mg	200%
Vitamin K (50% as Phytonadione, 25% as Menaquinone-7, 25% as Menaquinone-4)	240 mcg	200%
Thiamin (as Thiamine Hydrochloride)	4.8 mg	400%
Riboflavin (as Riboflavin)	5.2 mg	400%
Niacin (50% as Niacinamide, 50% as Nicotinic Acid)	64 mg	400%
Vitamin B6 (50% as Pyridoxine Hydrochloride, 50% as Pyridoxal 5-Phosphate)	6.8 mg	400%
Folate (as Calcium L-5-Methyltetrahydrofolate)	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	9.6 mcg	400%
Biotin (as D-Biotin)	120 mcg	400%
Pantothenic Acid (as D-Calcium Pantothenate)	20 mg	400%
Choline (as Choline L-Bitartrate)	550 mg	100%
Iron (as Ferrous Fumarate)	9 mg	50%
Iodine (as Potassium Iodide)	300 mcg	200%
Zinc (as Zinc Glycinate)	22 mg	200%
Selenium (as Selenium Citrate)	110 mcg	200%
Copper (as Copper Citrate)	1.8 mg	200%
Manganese (as Manganese Citrate)	2.3 mg	100%
Chromium (as Chromium Picolinate)	140 mcg	400%
Molybdenum (as Molybdenum Citrate)	45 mcg	100%
Boron (as Boron Citrate)	6 mg	**
Quercetin	200 mg	**
Myo-Inositol	1000 mg	**

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\* Daily Value not established.

**Manufactured by Super Body Fuel**

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