

Food supplement with vitamins, minerals and plant extracts - 134g

Recommended use: 1 tablet daily, or as directed. Food supplements should not be used as a substitute for a varied diet and healthy lifestyle. Do not exceed the recommended daily dose. Store out of reach of young children. Long term intakes of this amount of vitamin B6 may lead to mild tingling and numbness. If taking anti-coagulants, consult a medical practitioner before using this product. If pregnant, breastfeeding, taking medication or have a medical condition, consult a healthcare practitioner before using this product. Keep in a cool, dry place. **Gluten, dairy, sugar and soy free.** **Suitable for vegans.** *% RI = Reference Intake

**RE = Retinol Equivalents

Best Before End: XX/202X

Lot: XXXXXXX

Art. 32915 SKU: 3255

Manufactured in the UK.

Distributed in the UK &

Ireland by Metagenics®.

UK: Whaley Bridge SK23 7DQ

IRE: Little Island, Cork T45 YV29

www.metagenics.co.uk / .ie



Metagenics®

PRACTITIONER RECOMMENDED

Crafted with plant based ingredients



WOMEN'S HEALTH

Multi Essentials For Women

Highly absorbable
one-a-day multivitamin
+ mineral complex

MULTIVITAMIN

60 Tablets



Ingredients per tablet: stabiliser: microcrystalline cellulose, vitamin C (ascorbic acid) 250mg-313%, magnesium (citrate) 25mg-7%, pomegranate extract (*Punica granatum*) 100mg (25% polyphenols), broccoli extract (*Brassica oleracea*) 100mg (0.5% sulforaphane), coating (hydroxypropyl methylcellulose, concentrated safflower and lemon, hydroxypropyl cellulose, calcium carbonate, microcrystalline cellulose, stearic acid), vitamin B1 (thiamine mononitrate) 50mg-4545%, zinc (citrate) 20mg-200%, choline (bitartrate) 20mg, vitamin K2 as MK-7 90µg-120%, vitamin B6 (pyridoxal-5-phosphate) 25mg-1786%, riboflavin (vitamin B2) 30mg-2143%, niacin (vitamin B3 as nicotinamide) 30mg NE-188%, potassium (citrate) 10mg-0.5%, vitamin B5 (calcium pantothenate) 25mg-417%, iron (bisglycinate) 5mg-36%, vitamin A (beta-carotene) 500µg RE**-63%, emulsifier: stearic acid, anti-caking agent: silicon dioxide, vitamin E (D-alpha-tocopherol) 12mg α-TE (18iu)-100%, vitamin D (cholecalciferol) 25µg (1000iu)-500%, selenium (selenomethionine) 55µg-100%, mixed tocopherols 3.6mg, anti-caking agent: magnesium stearate, boron (sodium borate) 1000µg, copper (sulphate) 1mg-100%, folate (5-methyl tetrahydrofolate) 400µg-200%, vitamin B12 (methylcobalamin) 400µg-16000%, chromium (picolinate) 50µg-125%, molybdenum (sodium molybdate) 100µg-200%, iodine (potassium iodide) 150µg-100%, manganese (citrate) 18µg-0.9%, biotin 50µg-100%.

