

Food supplement with vitamins and minerals-146g

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. Tamper resistant seal. Do not use if broken. 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. 32911 SKU: 3251

Manufactured in the UK.

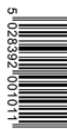
Distributed in the UK &

Ireland by Metagenics®.

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IRE: Little Island, Cork T45 YV29

www.metagenics.co.uk / .ie



Metagenics®

PRACTITIONER RECOMMENDED

DAILY WELLBEING

Multi Essentials One-A-Day

Highly absorbable
multivitamin
+ mineral complex

MULTIVITAMIN



60 Tablets

Ingredients per tablet: stabiliser: microcrystalline cellulose, vitamin C (ascorbic acid) 250mg-313%, anti-caking agent: calcium carbonate, magnesium (citrate) 25mg-7%, vitamin B5 (calcium pantothenate) 105mg-1750%, coating (hydroxypropyl methylcellulose, concentrated safflower and lemon, hydroxypropyl cellulose, calcium carbonate, microcrystalline cellulose, stearic acid), vitamin B1 (thiamine mononitrate) 55mg-5000%, zinc (citrate) 20mg-200%, L-lysine 50mg, stabiliser: hydroxypropyl methylcellulose, L-tyrosine 50mg, lecithin 50mg, 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%, anti-caking agent: silicon dioxide, emulsifier: stearic acid, vitamin A (beta-carotene) 500µg RE**-63%, vitamin E (D-alpha tocopherol) 12mg α-TE (18iu)-100%, vitamin D (cholecalciferol) 25µg-500%, mixed tocopherols 3.6mg, anti-caking agent: magnesium stearate, selenium (selenomethionine) 25µg-45%, folate (5-methyl tetrahydrofolate) 400µg-200%, vitamin B12 (methylcobalamin) 400µg-16000%, chromium (picolinate) 50µg-125%, molybdenum (sodium molybdate) 100µg-200%, manganese (citrate) 18µg-0.9%, biotin 50µg-100%.

