

Food supplement with vitamins and minerals - 134g e

Recommended use: 1 tablet daily, or as directed.

Food supplements should not be used as a substitute for a varied diet and healthy lifestyle. Store out of reach of young children. Do not exceed the recommended daily dose. 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 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. 32917 SKU: 3257
Manufactured in the UK.
Distributed in the UK & Ireland by Metagenics®.
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IRE: Little Island, Cork T45 YV29
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Metagenics®

PRACTITIONER RECOMMENDED



WOMEN'S HEALTH

Multi Essentials For Pregnancy

From pre-conception to breastfeeding



60 Tablets

MULTIVITAMIN

Ingredients per tablet: calcium (citrate) 100mg-12.5%, magnesium (citrate) 50mg-13%, stabiliser: microcrystalline cellulose, vitamin C (ascorbic acid) 200mg-250%, coating (hydroxypropyl methylcellulose, concentrated safflower and lemon, hydroxypropyl cellulose, calcium carbonate, microcrystalline cellulose, stearic acid), iron (bisglycinate) 18mg-129%, zinc (citrate) 25mg-250%, choline (bitartrate) 20mg, vitamin K2 as MK-7 90µg-120%, vitamin B1 (thiamine mononitrate) 30mg-2727%, potassium (citrate) 10mg-0.5%, vitamin B5 (calcium pantothenate) 25mg-471%, riboflavin (vitamin B2) 25mg-1786%, vitamin B6 (pyridoxal-5-phosphate) 15mg-1071%, niacin (vitamin B3 as nicotinamide) 25mg NE-156%, selenium (selenomethionine) 100µg-182%, anti-caking agent: silicon dioxide, emulsifier: stearic acid, vitamin E (D-alpha tocopherol) 12mg α-TE (18iu)-100%, vitamin D (cholecalciferol) 25µg-500%* (1000iu), mixed tocopherols 3.6mg, anti-caking agent: magnesium stearate, vitamin A (beta-carotene) 250µg RE**31%, copper (sulphate) 1mg-100%, folate (5-methyltetrahydrofolate) 400µg-200%, vitamin B12 (methylcobalamin) 400µg-16000%, chromium (picolinate) 50µg-125%, iodine (potassium iodide) 290µg-193%, molybdenum (sodium molybdate) 100µg-200%, manganese (citrate) 18µg-0.9%, biotin 50µg-100%.