

A-Z Active

A-Z Active Effervescent tablets are a comprehensive formula that is cleverly balanced by our nutritionists to help keep you feeling 100%. It contains the essential **Vitamins** and **Minerals** that are recommended on a daily basis. **Vitamin A**, stimulates the production and activity of white blood cells, takes part in remodelling bone, helps maintain the health of endothelial cells (and regulates cell growth and division). **Vitamin B-complex** has a unique chemical structure and serves a unique function within the body. While vitamins B1, B2, B3 and biotin serve to produce energy, vitamin B6 is essential for proper metabolism. **Vitamin C** plays a role in controlling infections. It's also a powerful antioxidant that can neutralize harmful free radicals, and it helps make collagen, a tissue needed for healthy bones, teeth, gums, and blood vessels. **Vitamin D** is the primary regulator of calcium in the body and is vital to proper skeletal development and bone mineralization. **Vitamin E** is a potent antioxidant that protects cell membranes and other fat-soluble parts of the body. **Minerals** such as **Calcium** and **Magnesium** help to maintain strong bones and teeth, whilst also supporting muscle function and

Each tablet contains (average)		% NRV
Vitamin A (2667iu)	800µg	100
Vitamin D (200iu)	5µg	100
Vitamin E (26iu)	24mg	200
Vitamin C	160mg	200
Thiamin (Vitamin B1)	1.1mg	100
Riboflavin (Vitamin B2)	1.4mg	100
Niacin (Vitamin B3)	16mg	100
Vitamin B6	1.4mg	100
Vitamin B12	2.5µg	100
Biotin	50µg	100
Pantothenic acid	6mg	100
Vitamin K	75µg	100
Calcium	120mg	15
Iron	2.8mg	20
Zinc	10mg	100
Copper	1mg	100
Manganese	0.6mg	30
Selenium	55µg	100
Citrus Bioflavonoids	30mg	*
Coenzyme-Q10 (CoQ10)	5mg	*
Panax Ginseng	100mg	*
Green Tea Extract	50mg	*
NRV: EC Nutrient Reference Value *:EC NRV Not Yet Established		

neurotransmission. **Zinc** supports immune system function, DNA synthesis and cell division. **Copper** is also used to support the immune system and maintain connective tissue health. **A-Z Active** Effervescent has the additional benefit of **Ginseng** helps the body combat fatigue. Boost both mental and physical energy. **A-Z Active** Effervescent tablets is an easy and inexpensive way to ensure that you are getting the adequate supply of vitamins, as well as some minerals, that you need each day.

A-Z Active effervescent tablets are ideal for:

- May be beneficial for overall health
- May enhances the energy level and concentration
- May improve digestion and help in bodily processes.
- May improves immunity

HealthAid Ltd

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- May help to maintain healthy heart, liver and circulatory system and well functionality.
- May provide extra support whilst on diet programmes or have hectic life cycle.

A-Z Active effervescent tablets are ideal for may be of benefit to:

- Those who are looking for an all-round balanced multivitamin and mineral combination
- Those who need additional support at times of stress or poor eating habits
- Women who wish to safeguard their nutrient intake
- Elderly people who demand a higher requirement of key vitamins and minerals
- Strict vegetarians that lack certain vitamins
- People following weight loss programmes
- Children undergoing puberty

Recommended Daily Intake

Adults and children over 12 years of age, one tablet daily to be dissolved in a glass of water. Do not exceed recommended daily intake unless advised by a suitably qualified person.

Product Code	801387					Product Name: A-Z Active	
Pack Size	20's; tablets packed in a plastic tube, printed with all the relevant information						
Appearance (shape/colour)	Pink Speckled, round flat tablet						
Size	25mm dia	Shape	Round	Average Weight	4150mg		
Ingredients	Acidity Regulator (citric acid, sodium bicarbonate), Sweetener* (sorbitol, saccharin), Calcium Carbonate, L-Ascorbic Acid, Jam Fruit Flavour, a-Tocopherol Acetate, Bulking Agent (maize starch), Green Tea Extract, Coenzyme Q10, Natural Colour (red beet powder), Zinc Citrate, Citrus Bioflavonoids, Nicotinamide, Korean Ginseng Extract, Ferrous Sulphate, Retinyl Acetate, D-Calcium Pantothenate, Copper Sulphate, Cyanocobalamin, Cholecalciferol, Riboflavin 5-Phosphate, Manganese Sulphate, Pyridoxine, Vitamin K1, Thiamine, Sodium Selenite, D-Biotin.						
Allergy advice	For allergens, see ingredients in bold.						
Suitability	Vegan	N/A	Vegetarian	Yes			
Quality Requirements	All the ingredients meet the requirements of USP/NF, BP, EP, BHP pharmacopoeia or supplier specifications						
Expiration Period	Three years from date of manufacture						
Storage	Store in a cool dry place, keep out of sight and reach of children						
Caution	This product contains Vitamin A, if pregnant or likely to become pregnant, please consult your primary healthcare physician before taking.						
Free from list	Free from aspartame,yeast,gluten,soya,dairy,salt,artificial colours & flavourings.						

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Disclaimer	<p>Use product according to directions stated on the pack. Food supplements should not be used as a substitute for a varied and balanced diet, and healthy lifestyle. Please check with your primary healthcare physician before taking this supplement if you suffer from a medical condition, are on prescribed medication, are pregnant or breastfeeding or suffer from food allergies. Food supplements are not intended to treat or prevent any disease. Do not use after the expiry date.</p>
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