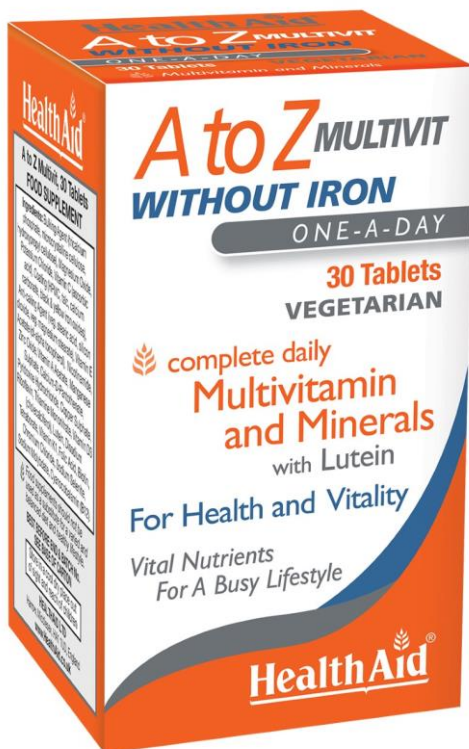




A-Z Multivit

WITHOUT IRON



Each tablet contains (average)		% NRV
Vitamin A (2667iu)	800µgRE	100
Vitamin D3 (200iu)	5µg	100
Vitamin E (12iu)	11mgTE	92
Vitamin C	68mg	85
Thiamine (vitamin B1)	1.8mg	164
Riboflavin (vitamin B2)	2.4mg	171
Niacin (Vitamin B3)	22mg	138
Vitamin B6 (Pyridoxine HCL)	3.7mg	264
Folic acid	400µg	200
Vitamin B12	2µg	80
Biotin	170µg	340
Pantothenic acid	6.5mg	108
Vitamin K	33µg	44
Calcium	178mg	22
Magnesium	110mg	29
Zinc	15mg	150
Copper	0.8mg	80
Manganese	2.75mg	138
Selenium	28µg	51
Chromium	30µg	75
Molybdenum	25µg	50
Boron	150µg	*
Lutein	275µg	*
NRV - EC Nutrient Reference Value		
*: EC NRV Not Yet Established		

What are A-Z Multivit tablets?

A-Z Multivit tablets provide a balanced Vitamin and Mineral supplement ideal for whole family, those who need additional support at times of strenuous physical or mental activity, poor eating habits, and anyone looking to safeguard dietary intake of these important nutrients.

HealthAid Ltd

HealthAid House, Marlborough Hill, Harrow, HA1 1UD

Tel: 020 8426 3400 **Fax:** 020 8426 3434

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A-Z Multivit contains essential Vitamins, Minerals and Trace Elements including Vitamin A, C, D and Zinc which contribute to normal function of the immune system. Magnesium and B Vitamins contribute to normal function of the nervous system, fat and sugar metabolism, as well as reduction of tiredness and fatigue. Zinc contributes to normal cognitive (brain) function, hair, skin and nail health, normal testosterone levels, normal vision and protection of cells from oxidative stress. Vitamin B6 contributes to the regulation of (female and male) hormonal activity. Vitamin D, K, Magnesium, Zinc, Calcium and Manganese contribute to the maintenance of normal bones and teeth.

It is preferable—to get the daily nutrients from a healthy, balanced diet. However, the research shows that due to the severe soil degradation (which negatively affects human nutrition), unhealthy dietary habits and daily stress, many people fall short in a variety of key vitamins and minerals. Regular intake of A-Z Multivit helps to safeguard the daily nutritional needs.

Taking into consideration different needs of our customers, compared to the regular HealthAid A-Z Multivit, this formulation is deprived of Iron and Iodine, while Vitamin D2 has been replaced with D3. All other ingredients are the same.

A-Z Multivit tablets are ideal for:

- Helping maintain normal immune system function
- Helping maintain overall health
- Helping increase energy level and brain function
- Helping maintain cardio-vascular health
- Benefiting digestion, metabolism and detoxification

A-Z Multivit tablets may be of benefit to;

- Those who are looking for an all-round balanced multivitamin and mineral combination
- People who need additional support at times of poor eating habits
- People who demand a higher requirements of key vitamins and minerals
- People following weight loss programmes
- Children going through puberty

Recommended Daily Intake

Adults and children over 12 years of age, one tablet daily with food.

Do not exceed recommended daily intake unless advised by a suitably qualified person.

Product Code	801388 (30s) Product Name: A-Z Multivit tablets				
UK Trade and Retail Price (inc VAT)	Trade £5.02		Retail £8.99		
Pack Size	30 tablets packed in a brown glass labelled bottle, placed in a carton printed with all the relevant information				
Appearance (shape/colour)	An oval shaped, brown colour coated tablet.				
Size	20mm x 8mm	Shape	Oval	Average Weight	1169mg

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Ingredients	Bulking Agent (tricalcium phosphate, microcrystalline cellulose, hydroxypropyl cellulose), Magnesium Oxide, Potassium Chloride, Vitamin C (ascorbic acid), Coating (HPMC, talc, calcium carbonate, black & yellow iron oxides), Anti-caking Agent (veg. stearic acid, silicon dioxide, veg. magnesium stearate), Vitamin E Acetate (dl-alpha tocopherol), Nicotinamide, Zinc Oxide, Vitamin A Acetate, Manganese Sulphate, Calcium-D-Pantothenate, Pyridoxine Hydrochloride, Copper Sulphate, Riboflavin, Thiamine Mononitrate, Vitamin D3 (cholecalciferol), Lutein, Disodium Tetraborate, Vitamin K1, Folic Acid, Biotin, Chromium Chloride, Sodium Selenite, Sodium Molybdate, Cyanocobalamin (B12).
Suitability	Vegan No (due to D3) 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. This product contains corn.
Disclaimer	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.

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