

PRODUCT INFORMATION:

Two tablets typically provide:

Vitamin A (800iu)	240µg RE	30	Biotin	50µg	100
Vitamin D3 (400iu)	10µg	200	Pantothenic acid (vitamin B5)	50mg	833
Vitamin E (90iu)	60.6mg α-TE	505	Calcium	344mg	43
Vitamin K1	80µg	107	Magnesium	168mg	45
Vitamin C	200mg	250	Iron	10mg	71
Thiamin (vitamin B1)	50mg	4545	Zinc	10mg	100
Riboflavin (vitamin B2)	50mg	3571	Manganese	2.6mg	130
Niacin (vitamin B3)	80mg NE	500	Selenium	30µg	55
Vitamin B6	6.6mg	471	Chromium	40µg	100
- as pyridoxal-5-phosphate	4mg		Molybdenum	30µg	60
- as pyridoxine HCl	2.6mg		Iodine	75µg	50
Folic acid	130µg	65	Choline	20mg	
- as methyltetrafolate	65µg		Inositol	20mg	
- as folic acid	65µg		Bacillus coagulans**	7.2mg	
Vitamin B12	40µg	1600	Beta carotene	0.8mg	

*NRV = Nutrient Reference Value ** in the order of 100 million cfu at the time of manufacture

DIRECTIONS: Adults and children 15 years and over, take 2-3 tablets a day (children 11-14 take 2 tablets a day, children 5-10 take 1 a day) with meals. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

WARNING: If you are pregnant, breastfeeding, taking any medication or have a medical condition, please consult your healthcare professional before using this product. B vitamins may turn urine bright yellow - this is normal. Contains Vitamin K. If you are taking anti-coagulants (blood thinners) do not take more than 2 tablets a day except on the advice of a doctor. This product contains iron, which, if taken in excess, may be harmful to very young children. Keep out of sight and reach. Total content of iron per bottle is 900mg.

STORAGE: Store in a cool, dry place out of reach of children.

No artificial colours, flavours or preservatives. No yeast, added sugar or salt.
This product has not been tested on animals.

HIGHER NATURE®

EVERYDAY ESSENTIALS

ADVANCED MULTI

Complete
multivitamin
with minerals

26 essential nutrients
including live bacteria

180 tablets
vegetarian and vegan



ADVANCED MULTI FOOD SUPPLEMENT - 180 TABLETS

- ✓ Suitable for all the family
- ✓ Highly absorbable for optimum benefit

INGREDIENTS: Lithothamnium calcareum, bulking agent: calcium carbonate, calcium citrate, magnesium citrate, magnesium oxide, bulking agent: microcrystalline cellulose, calcium ascorbate, nicotinamide, ferrous gluconate, d-alpha tocopherol succinate (natural vitamin E), ascorbic acid, thiamine HCl, calcium d-pantothenate, riboflavin, choline bitartrate, anti-caking agent: silicon dioxide, coating: hydroxypropyl methylcellulose (glycerine), zinc citrate, anti-caking agent: magnesium stearate, inositol, manganese citrate, anti-caking agent: stearic acid, pyridoxal-5-phosphate, bacillus coagulans, L-selenomethionine, cholecalciferol, beta carotene, pyridoxine HCl, vitamin A acetate, phytomenadione, chromium picolinate, copper citrate, calcium L-5-methyltetrahydrofolate, potassium iodide, pteroylglutamic acid, biotin, ammonium molybdate, methylcobalamin.

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