

WHOLEFOOD MULTI

Multivitamin & mineral

Ingredients: Broccoli powder (*Brassica oleracea*), vitamin C (as ascorbic acid), magnesium (as citrate), chromium (from yeast), selenium (from yeast), vitamin B5 (as calcium d-pantothenate), vitamin E (as D-Alpha tocopherol acid succinate), carrot powder (*Daucus carota*), spirulina powder (*Arthrospira plantensis*), artichoke (*Cynara scolymus*) leaf extract 40:1, alfalfa (*Medicago sativa*) powder, zinc (as citrate), kelp extract (*Laminaria japonica*) providing iodine, vitamin B1 (as thiamin HCl), vitamin B2 (as riboflavin), vitamin D3 (cholecalciferol) preparation (corn syrup solids, arabic gum, medium chain triglycerides, silicon dioxide, sodium ascorbate, d-alpha tocopherol), vitamin B3 (as nicotinamide), beta carotene (*Daucus carota*), acai berry (*Euterpe oleracea*) powder, beetroot powder (*Beta vulgaris L.*), anti-caking agent (silicon dioxide), vitamin B6 (as P5P), iron (as ferrous fumarate), boron (as Disodium tetraborate decahydrate), manganese sulphate, acerola (*Malpighia punicifolia*) extract (providing vitamin C), copper sulphate, vitamin K2 (MK-7), folic acid (as 5-methyltetrahydrofolic acid), vitamin B12 (as methylcobalamin), sodium molybdate (providing molybdenum), biotin, hydroxypropyl methylcellulose (capsule shell).

Recommended Intake: Adults: 1-2 capsules daily as a food supplement, with food, or as directed by a medical practitioner. Do not exceed the recommended daily intake. This product should not be used as a substitute for a balanced, varied diet & lifestyle.

- Keep out of sight & reach of children
- Do not use if sealing strip is missing or broken
- Suitable for vegetarians & vegans
- BEST BEFORE DATE: see base of container
- Store in a cool, dry place

PRODUCT CODE: 3310



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Including Wholefood nutrients

Multivitamin & Mineral Formulation | Wholefood



60 VEGAN CAPSULES
Food Supplement

Product Information: 60 Capsules = 30-60 days supply

Two capsules will provide on average:

Average Values:	%NRV
Beta Carotene	3mg *
Vitamin D	40µg 800
Vitamin E	30mg 250
Vitamin C	200mg 250
Thiamin (B1)	20mg 1818
Riboflavin (B2)	20mg 1429
Niacin (B3)	16mg 100
Pantothenic acid (B5)	50mg 833
Vitamin B6 (as P-5-P)	10mg 714
Folic Acid (as 5-MTHF)	200µg 100
Vitamin B12 (as methylcobalamin)	110µg 4400
Biotin	14µg 28
Vitamin K2	60µg 80
Iron	2mg 14
Magnesium	30mg 8
Zinc	10mg 100
Iodine	150µg 100
Boron	0.5mg *
Copper	1mg 100
Manganese	1mg 50
Selenium	150µg 273
Chromium	160µg 400
Molybdenum	20µg 40

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NRV = Nutrient
Reference Value
*Indicates no NRV

