

SUGGESTED USE: Take 1 tablet per day with a full glass of water and preferably with food.

CAUTION: Do not exceed the stated dose.

If you are pregnant, breastfeeding, taking prescription medication or under any medical supervision it is advisable to consult a GP prior to taking any food supplements. Discontinue use and consult a GP if adverse reactions occur.

Not suitable for persons under the age of 18.

Keep out of reach of children at all times.

Do not use if seal is broken or damaged.

STORAGE: Store in a cool, dry place.

For best before end & batch number see side of label.

Food supplements are intended to supplement the diet and should not be regarded as a substitute for varied diet and a healthy lifestyle.

Bottle made from at least 80% recycled plastic. Please recycle bottle with cap on. All our products are subject to our stringent quality assurance.



Based on a
90 day supply

3*
Months
Supply

MULTIVITAMIN TABLETS

26 ESSENTIAL VITAMINS & MINERALS



90 TABLETS
FOOD SUPPLEMENT

NUTRITIONAL INFORMATION

Serving Size: 1 tablet

Servings Per Container: 90

	Per Serving	%NRV*		Per Serving	%NRV*
Vitamin C	80 mg	100%	Calcium	130 mg	16%
Vitamin A	800 mcg	100%	Magnesium	100 mg	27%
Vitamin D3	5 mcg	100%	Phosphorous	60 mg	9%
Vitamin E	12 mg	100%	Potassium	50 mg	3%
Vitamin K	75 mcg	100%	Chloride	45 mg	6%
Thiamin	1.1 mg	100%	Iron	14 mg	100%
Riboflavin	1.4 mg	100%	Zinc	10 mg	100%
Vitamin B3	16 mg	100%	Manganese	2 mg	100%
Vitamin B5	6 mg	100%	Copper	1 mg	100%
Vitamin B6	1.4 mg	100%	Iodine	100 mcg	67%
Biotin	50 mcg	100%	Selenium	55 mcg	100%
Folic Acid	200 mcg	100%	Molybdenum	50 mcg	100%
Vitamin B12	2.5 mcg	100%	Chromium	40 mcg	100%

*NRV = Nutrient Reference Value

**Nutrient Reference Value Not Established

Ingredients: Dicalcium Phosphate, Bulking Agent (Microcrystalline Cellulose), Magnesium Oxide, Calcium Carbonate, Ascorbic Acid, Potassium Chloride, Ferrous Fumarate, DL-Alpha Tocopherol, Anti-caking Agent (Magnesium Stearate, Nu-flow), Nicotinamide, Zinc Oxide, Glazing Agent (HydroxypropylMethylCellulose, Glycerin), Vitamin A Acetate, D-Calcium Pantothenate, Manganese Sulphate, Sodium Selenite, Copper Sulphate Pentahydrate, Cyanocobalamin, Cholecalciferol, Pyridoxine Hydrochloride, Phytomenadione, Riboflavin, Thiamine Hydrochloride, Chromium Picolinate, Folic Acid, Potassium Iodide, Sodium Molybdate Dihydrate, Biotin, Coating Agent (Carnauba Wax)