

# 50+

with superfood nutrients

**Ingredients:** Vitamin C (as calcium ascorbate), magnesium (as citrate). Biodynamic & superfood blend including: Grape seed extract (*Vitis vinifera*) providing 95% proanthocyanidins, olive leaf extract (*Plea europea*) providing 6% oleuropein, kale powder (*brassica oleracea*), tomato powder (*solanum lycopersicum*), beetroot powder (*beta vulgaris subsp. vulgaris*), turmeric powder (*curcuma longa*). Beta 1-3,1-6 glucan (from *saccharomyces cerevisiae*), CoQ10 (as ubiquinone), chromium (from yeast), selenium (from yeast), natural mixed tocopherols and d-alpha tocopherol succinate (providing vitamin E), vitamin B5 (as calcium pantothenate), zinc (as citrate), kelp extract (*laminaria japonica*) providing iodine, ascorbyl palmitate, vitamin B1 (as thiamin hcl), vitamin B2 (as riboflavin), acerola extract (*malpighia punicifolia*) providing vitamin C, vegan vitamin D3 (as cholecalciferol), vitamin B3 (as nicotinamide), beta carotene (*daucus carota*), iron (from ferrous citrate), vitamin B6 (as pyridoxal 5 phosphate), manganese (as sulphate), vitamin K2 (MK-7), boron (as disodium tetraborate decahydrate), copper (as sulphate), molybdenum (as sodium molybdate), vitamin B12 (as methylcobalamin), folic acid (as 5-methyltetrahydrofolic acid), biotin, vitamin B12 (as adenosylcobalmin), hydroxypropyl methylcellulose (capsule shell).

**Recommended Intake:** 1-2 capsules daily as a food supplement, 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 and lifestyle.

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

PRODUCT CODE: 3308



CYTOPLAN

# 50+

with superfood nutrients

Multivitamin & Mineral formulation | Wholefood



VEGAN



VEGETARIAN



WHOLEFOOD

60 VEGAN CAPSULES

Food Supplement

Two capsules will provide on average:

Average Values:		%NRV
Biodynamic & superfood blend	150mg	*
Beta Carotene	3mg	*
Vitamin D3	40µg	800
Vitamin E	20mg	*
(natural mixed tocopherols)		
Vitamin E	10mg	75
(d-alpha tocopherol succinate)		
Vitamin C	205mg	256
Thiamin (B1)	20mg	1818
Riboflavin (B2)	20mg	1428
Niacin (B3)	16mg	100
Vitamin B6 (as P-5-P)	10mg	714
Folic Acid	100µg	50
(as 5 Methyltetrahydrofolic Acid)		
Vitamin B12	130µg	5200
(as methylcobalamin)		
Vitamin B12	100µg	4000
(as adenosylcobalamin)		
Biotin	100µg	200
Pantothenic acid (B5)	50mg	834
Vitamin K2	60µg	80
Iron	2mg	14
Magnesium	30mg	8
Zinc	14mg	140
Iodine	150µg	100
Boron	0.5mg	*
Copper	1mg	100
Manganese	3mg	150
Selenium	150µg	273
Chromium	160µg	400
Molybdenum	90µg	180
Beta 1-3,1-6 glucan	100mg	*
Coenzyme Q10	80mg	*

Product Information: 60 capsules = 30-60 days supply

NRV = Nutrient Reference Value  
\*Indicates no NRV



Cytoplan Ltd, Unit 98B,  
Blackpole Trading Estate  
West, Worcester, WR3 8TJ

Tel: +44 (0)1684 310099  
[www.cytoplan.co.uk](http://www.cytoplan.co.uk)

Cytoplan Ltd, EU  
Distributor  
Fritslavägen 107,515 92,  
Kinnarumma, Sweden  
+46 707 414 377

