

Food supplement with vitamins, minerals and plant extracts – 30 tablets

**Recommended use:** 1 tablet daily, or as directed.

Food supplements should not be used as a substitute for a varied diet and healthy lifestyle. Do not exceed the recommended daily dose. Store out of reach of young children. Long term intakes of this amount of vitamin B6 may lead to mild tingling and numbness. If taking anti-coagulants, consult a medical practitioner before using this product. If pregnant, breastfeeding, taking medication or have a medical condition, consult a healthcare practitioner before using this product. Tamper resistant seal. Do not use if broken. Keep in a cool, dry place. **Gluten, dairy, sugar and soy free. Suitable for vegans.**

Best Before End: XX/202X  
Lot: XXXXXXX  
Art. 32914 SKU: 3254  
Manufactured in the UK. Distributed in the UK & Ireland by Metagenics®.  
UK: Whaley Bridge SK23 7DQ  
IRE: Little Island, Cork T45 YV29  
[www.metagenics.co.uk](http://www.metagenics.co.uk) / .ie



**Metagenics®**

PRACTITIONER RECOMMENDED

Crafted with a plant based ingredient

WOMEN'S HEALTH

## Multi Essentials For Women

Highly absorbable  
one-a-day multivitamin  
+ mineral complex

MULTIVITAMIN

30 Tablets

CLINICALLY  
TESTED  
INGREDIENTS



**Ingredients per tablet:** stabiliser: microcrystalline cellulose, vitamin C (ascorbic acid) 250mg-313%, magnesium (citrate) 25mg-7%, pomegranate extract (*Punica granatum*) 100mg (25% polyphenols), broccoli extract (*Brassica oleracea*) 100mg (0.5% sulforaphane), coating (hydroxypropyl methylcellulose, concentrated safflower and lemon, hydroxypropyl cellulose, calcium carbonate, microcrystalline cellulose, stearic acid), vitamin B1 (thiamine mononitrate) 50mg-4545%, zinc (citrate) 20mg-200%, choline (bitartrate) 20mg, vitamin K2 as MK-7 90µg-120%, vitamin B6 (pyridoxal-5-phosphate) 25mg-1786%, riboflavin (vitamin B2) 30mg-2143%, anti-caking agent: sodium croscarmellose, niacin (vitamin B3 as nicotinamide) 30mg NE-188%, potassium (citrate) 10mg-0.5%, vitamin B5 (calcium pantothenate) 25mg-417%, iron (bisglycinate) 5mg-36%, vitamin A (beta-carotene) 500µg RE\*\*-63%, emulsifier: stearic acid, anti-caking agent: silicon dioxide, vitamin E (D-alpha-tocopherol) 12mg α-TE (18iu)-100%, vitamin D (cholecalciferol) 25µg (1000iu)-500%, selenium (selenomethionine) 55µg-100%, mixed tocopherols 3.6mg, anti-caking agent: magnesium stearate, boron (sodium borate) 1000µg, copper (sulphate) 1mg-100%, folate (5-methyl tetrahydrofolate) 400µg-200%, vitamin B12 (methylcobalamin) 400µg-16000%, chromium (picolinate) 50µg-125%, molybdenum (sodium molybdate) 100µg-200%, iodine (potassium iodide) 150µg-100%, manganese (citrate) 18µg-0.9%, biotin 50µg-100%.

\*% RI = Reference Intake \*\*RE = Retinol Equivalents

