

Food supplement with vitamins, minerals and a plant extract – 134 g e

**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, taking medication or have a medical condition consult a medical practitioner before using. Tamper resistant seal. Do not use if broken. Keep in a cool, dry place. **Gluten, dairy, sugar and soy free. Suitable for vegans.**

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

**Best Before End:** XX/202X

**Lot:** XXXXXXXX

**Art.** 32913 **SKU:** 3253

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 / .ie**



**Metagenics®**

PRACTITIONER RECOMMENDED

Crafted with a plant based ingredient



MEN'S HEALTH

## Multi Essentials For Men

Highly absorbable  
one-a-day multivitamin  
+ mineral complex



60 Tablets

MULTIVITAMIN

**Ingredients per tablet:** stabiliser: microcrystalline cellulose, vitamin C (ascorbic acid) 250mg-313%\*, anti-caking agent: calcium carbonate, magnesium (citrate) 25mg-7%\*, pine phytosterols 130mg (standardised to 75% beta-sitosterol), coating (hydroxypropyl methylcellulose, concentrated safflower and lemon, hydroxypropyl cellulose, calcium carbonate, microcrystalline cellulose, stearic acid), L-tyrosine 100mg, zinc (citrate) 25mg-250%\*, vitamin B1 (thiamine mononitrate) 50mg-4545%\*, lycopene 5mg, choline (bitartrate) 20mg, vitamin K2 as MK-7 90µg-120%\*, vitamin B6 (pyridoxal-5-phosphate) 25mg-1786%\*, riboflavin (vitamin B2) 30mg-2143%\*, niacin (vitamin B3 as nicotinamide) 30mg NE-188%\*, potassium (citrate) 10mg-0.5%\*, vitamin B5 (calcium pantothenate) 25mg-417%\*, anti-caking agent: silicon dioxide, emulsifier: stearic acid, vitamin A (beta-carotene) 500µg RE\*\* 63%\*, vitamin E (D-alpha tocopherol) 12mg α-TE (18iu)-100%\*, vitamin D (cholecalciferol) 25µg-500%\*, selenium (selenomethionine) 55µg-100%\*, mixed tocopherols 3.6mg, anti-caking agent: magnesium stearate, 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%\*.