

60 capsules = 30 days' supply

Recommended Intake: Take 1 capsule twice daily with food (morning & early afternoon), or as directed by a practitioner. Do not exceed the recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle. **Long term use of 20mg or more of vitamin B6 may lead to mild tingling and numbness. If you are taking any medication, consult a doctor before use.**

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

RE= retinol equiv. a-TE = alpha tocopherol equiv. NE= niacin equiv.

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TO REORDER



PRODUCT CODE: 3454

Active Nutrient:		%NRV
Magnesium (citrate)	50mg	13
Vitamin C (ascorbic acid)	250mg	312
Capsule shell (hydroxypropyl methylcellulose)		
Choline (choline bitartrate)	50mg	*
Vitamin B5 (calcium d-pantothenate)	100mg	1666
Zinc (citrate)	20mg	200
Lycopene (<i>Solanum lycopersicum</i> fruit)	5mg	*
NAC (N-acetyl cysteine)	50mg	*
Boron (sodium tetraborate)	5mg	*
Selenium (selenomethionine)	200µg	363
Vitamin B6 (pyridoxal-5-phosphate)	20mg	1428
Vitamin B2 (riboflavin-5-phosphate)	20mg	1428
Vitamin B1 (thiamine hydrochloride)	20mg	1818
Vitamin E 30i.u (d-alpha tocopherol succinate)	20mg α-TE	166
Vitamin D3 2000i.u (cholecalciferol)	50µg	1000
Niacin (vitamin B3 as niacinamide)	20mg NE	125
Beta carotene (<i>Dunaliella salina</i> algae)	3mg	*
Vitamin B12 (100µg methyl & 100µg adenosyl cobalamin)	200µg	8000
Inositol (myo-inositol)	10mg	*
Resveratrol (<i>Polygonum cuspidatum</i> root)	10mg	*
Pumpkin seed extract 10:1 (<i>Cucurbita pepo</i> seed) equiv. 100mg	10mg	*
Lutein (<i>Tagetes erecta</i> L aerial parts)	1mg	*
Manganese (gluconate)	1mg	50
Vitamin A 2000i.u (retinol acetate)	600µgRE	75
Vitamin K2 (menaquinone)	50µg	66
Copper (citrate)	1mg	100
Folate (5-methyltetrahydrofolate calcium)	200µg	100
Iodine (potassium iodide)	200µg	133
Chromium (picolinate)	200µg	500
Molybdenum (sodium molybdate)	50µg	100
Biotin	50µg	100

Product Information: 2 capsules will provide on average:

NRV = Nutrient reference value

* Indicates no NRV