

Cutter

Varnish Free area
DO NOT PRINT

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MULTIVITAMIN

FOR WOMEN TAKING HORMONE REPLACEMENT THERAPY (HRT)

***Provides Vitamins B6, B12 and C, Folic Acid, Magnesium, Selenium and Zinc** – specially designed for women taking hormone replacement therapy (HRT).
PLUS a full spectrum of vitamins and minerals carefully blended to support daily wellbeing.



***BRAIN & MENTAL WELLBEING**

BRAIN HEALTH

Pantothenic acid contributes to normal mental performance. Iron and Iodine contribute to normal cognitive function

PSYCHOLOGICAL FUNCTION

Biotin, Folic Acid, Magnesium and Vitamin B12 contribute to normal psychological function



***HORMONE HEALTH**

HORMONE REGULATION

Vitamin B6 contributes to the regulation of hormonal activity. Iodine contributes to the normal production of thyroid hormones and normal thyroid function

TESTOSTERONE LEVELS

Zinc contributes to the maintenance of normal testosterone levels in the blood



***CIRCULATION SUPPORT**

BLOOD CLOTTING SUPPORT

Calcium contributes to normal blood clotting

FORMATION OF RED BLOOD CELLS

Iron contributes to normal formation of red blood cells and haemoglobin



***COLLAGEN FORMATION**

BONES & JOINTS

Vitamin C contributes to normal collagen formation for the normal function of bones and cartilage, which form part of your joints

SKIN, HAIR & NAILS

Vitamin C contributes to normal collagen formation for the normal function of skin. Zinc contributes to the maintenance of normal skin, hair and nails

Health & Her is a brand built by women for women. Our science-backed formulations support normal health and wellbeing through the various stages of a woman's life.

When it comes to multivitamins for women it's not one-size-fits-all. Every stage of a woman's life brings its own nutritional requirements. With this in mind, this supplement has been formulated to provide a nutritional support to be taken alongside Hormone Replacement Therapy (HRT) and includes a full spectrum of vitamins & minerals to support normal everyday health and wellbeing.

**DESIGNED TO BE USED
ALONGSIDE HORMONE
REPLACEMENT THERAPY (HRT)***

STORAGE: Store in a cool dry place, out of the reach of children. Best before end: see base.
CAUTION: Not advised for pregnant women or women who are breastfeeding. Do not exceed the recommended daily intake. A food supplement should not be used as a substitute for a varied, balanced diet and healthy lifestyle. Always consult your GP before taking food supplements if you are taking medication or have an existing medical condition.

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Made in the UK
Recyclable carton



Download the **FREE** Health & Her Menopause App to track, learn and build positive lifestyle habits



Ranked No.1 App for Menopause by ORCHA



Track your wellbeing with our **FREE** app

My favourite wellbeing app, I use it every day.
NICKIE



SUPPORTED BY SCIENCE

HEALTH
& HER

MULTIVITAMIN

FOR WOMEN TAKING HRT

22 NUTRIENTS

Developed to provide key nutrients for women, to be taken alongside HRT



BRAIN & MENTAL WELLBEING[†]



HORMONE HEALTH[‡]



CIRCULATION SUPPORT^{*}



COLLAGEN FORMATION[^]

30 DAYS
SUPPLY
FOR ADULTS

FOOD SUPPLEMENT

60
TABLETS



Best Before End:

Batch No.:

INGREDIENTS: Bulking Agent (Microcrystalline Cellulose), Calcium Carbonate, Ascorbic Acid (Vitamin C), Magnesium Oxide, Anti-caking Agents (Ascorbyl Palmitate, Calcium Stearate), D-Alpha Tocopheryl Acetate (Vitamin E), Ferrous Fumarate, Zinc Citrate, Manganese Gluconate, Stabiliser (Cross Linked Sodium Carboxy Methyl Cellulose), Glazing Agents (Hydroxypropyl Methylcellulose, Glycerol), Nicotinamide, Thiamine Hydrochloride, Copper Gluconate, Calcium Pantothenate, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin, Retinyl Acetate (Vitamin A), Chromium Picolinate, Potassium Iodide, Sodium Selenite, Folic Acid, Sodium Molybdate, Methylcobalamin (Vitamin B12), Biotin, Cholecalciferol (Vitamin D3). Vegetarian

DIRECTIONS FOR WOMEN: Take 2 tablets daily: ideally with breakfast.

NUTRITIONAL INFORMATION	2 TABLETS TYPICALLY PROVIDE	%NRV**
Vitamin A	400 µg RE	50%
Vitamin D3	2.5 µg	50%
Vitamin E	18 mg α-TE	150%
Vitamin C	120 mg	150%
Thiamin (Vitamin B1)	5.5 mg	500%
Riboflavin (Vitamin B2)	2 mg	143%
Niacin	16 mg NE	100%
Vitamin B6	3.5 mg	250%
Folic Acid	200 µg	100%
Vitamin B12	125 µg	5000%
Biotin	50 µg	100%
Pantothenic Acid	6 mg	100%
Calcium	120 mg	15%
Magnesium	56.25 mg	15%
Iron	10 mg	71%
Zinc	9 mg	90%
Copper	1 mg	100%
Manganese	2 mg	100%
Selenium	90 µg	164%
Chromium	60 µg	150%
Molybdenum	50 µg	100%
Iodine	150 µg	100%

**NRV Nutrient Reference Value

Morph
brand design

CLIENT: Health & Her

DATE: 07.11.24

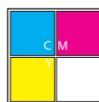
JOB NO: H&H36

FILE NAME: H&H_HarmonyHRT_Carton_artwork.ai

VERSION: Artwork 01

SOFTWARE: Adobe Illustrator CC

Colours/finishes:



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Notes:

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