

CoQ10 MULTI

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 with food 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 vegans & vegetarians • Store in a cool, dry place

PRODUCT CODE: 9314



CYTOPLAN

CoQ10 MULTI

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Multivitamin & Mineral Formulations | Wholefood



30 VEGAN CAPSULES

Food Supplement

Product Information: 30 Capsules = 15-30 days supply

Two capsules will provide on average:

Average Values:	%NRV
Biodynamic & superfood blend 150mg	*
Beta Carotene	3mg *
Vitamin D3	40µg 800
Vitamin E (natural mixed tocopherols)	20mg *
Vitamin E (d-alpha tocopherol succinate)	10mg 75
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 (as 5-Methyltetrahydrofolic Acid)	100µg 50
Vitamin B12 (as methylcobalamin)	130µg 5200
Vitamin B12 (as adenosylcobalamin)	100µg 4000
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 *

NRV = Nutrient Reference Value
*Indicates no NRV



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