Directions: Take 2 gummies daily with food.

A comprehensive multivitamin & mineral formulation for general health and wellbeing, tailored for women's health. Vitamin E contributes to the protection of cells from oxidative stress. Vitamins C, D, B6, B12 and Zinc contribute to the normal function of the immune system. Zinc also contributes to normal fertility and reproduction, Pantothenic Acid (B5). Bi2 and B6 contribute to normal energy yielding metabolism and the reduction of tiredness and fatigue. Vitamin B6 contributes to regulation of hormonal activity. Vitamin C contributes to normal collagen formation for the normal function of skin. Biotin contributes to the maintenance of normal hair.

Free from gluten, nuts, eggs, milk and soy.

Storage Instructions: Keep this bottle tightly closed and store in a cool, dry place.

Batch / Best Before End: See bottom of the bottle. Colour may fade over time.

WARNING! Do not exceed the recommended daily dose. Excessive consumption may cause laxative effects. Keep out of reach of children. Not suitable for children. Pregnant or breastfeeding women and those taking medication should consult with a doctor before use. Do not take while on warfarin therapy without medical advice. Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

Ingredients: Sweeteners (Maltitol, Isomalt), Water, Gelling Agent (Pectin), Liposomal Vitamin C (Vegetable Oil, Cocoa Butter, Isomaltose Syrup, Buffer Salt, Ascorbic Acid), Acidity Regulators (Citric Acid, Sodium Citrate), Natural Flavourings, Calcium D-Pantothenate, Vitamin E (D-Alpha Tocopheryl Succinate), CoEnzyme Q10, Nicotinamide Zinc Citrate, Pyridoxine HCl, Riboflavin, Folic Acid, Thiamine HCl, Vitamin K2 (Menaguinone-7), Colouring Food (Strawberry Extract), Vegetable Oil (Coconut Oil, Glazing Agent (Carnauba Wax)). Biotin, Potassium lodide, Chromium Picolinate, Sweetener (Steviol Glycosides from Stevia), Vitamin B12 (Cyanocobalamin), Vitamin D3









60 Gummies



Gluten Free

Halal Permitted



Women's **Multivitamin**

Liposomal Vitamin C for Maximised Absorption CoEnzyme Q10, 15 Essential Micronutrients

Berry Burst

VEGAN

SUGAR FREE

60 GUMMIES

Serving Size: 2 gummies

Number of Servings: 30

Nutritional Information		
	Per 2 gummies	Per 100g
Energy	59kJ/14kcal	976kJ/233kcal
	Per 2 gummies	%NRV*
Vitamin D3	10 µg	200%
Vitamin E	6 mg α-TE	50%
Vitamin K2 (MK-7)	75 µg	100%
Vitamin C (Liposomal)	80 mg	100%
Thiamine (B1)	0.2 mg	18%
Riboflavin (B2)	0.21 mg	15%
Niacin (B3)	3 mg NE	19%
Vitamin B6	1.4 mg	100%
Folic Acid	200 μg	100%
Vitamin B12	10 µд	400%
Biotin	50 μg	100%
Pantothenic Acid (B5)	6 mg	100%
Zinc	3 mg	30%
Chromium	40 μg	100%
Iodine	50 μg	33%
CoEnzyme Q10	5 mg	**

* (NRV) Nutrient Reference Value, ** NRV Not Established, α-TE: Alpha-tocopherol Equivalents, NE: Niacin Equivalents.

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