

89 mm



higher nature

NO ARTIFICIAL SWEETENERS

MULTI

VITS & MINERALS

20 effervescent tablets

FOOD SUPPLEMENT

FIM020

MULTI VITS & MINERALS

✓ With 22 vitamins & minerals.

Natural raspberry with sugars (fructose, glucose, sucrose) and sweetener (stevia).

PRODUCT INFORMATION:

One tablet typically provides:

	%RDA*	%RDA*
Vitamin D3 (100iu)	2.5ug	50
Vitamin E (45iu)	30mg α-TE	250
Vitamin K1	40ug	53
Vitamin C	100mg	125
Thiamin	12.5mg	1136
Riboflavin	12.5mg	893
Niacin	25mg NE	156
Vitamin B6	5mg	357
Folic Acid	100ug	50
Vitamin B12	5ug	200
Biotin	25ug	50
Pantothenic Acid (Vitamin B5)	25mg	417
Calcium	200mg	25
Magnesium	100mg	27
Iron	5mg	36
Zinc	7.5mg	75
Manganese	2mg	100
Selenium	15ug	27
Chromium	15ug	38
Molybdenum	15ug	30
Iodine	30ug	20
Beta-Carotene	400ug	

*RDA = Recommended Daily Allowance

INGREDIENTS: Acidity regulator: citric acid; fructose, calcium carbonate, magnesium carbonate, sodium bicarbonate, L-ascorbic acid, dl-alpha tocopheryl acetate (emulsifier: acacia gum; thickener: modified tapioca starch); colour: beetroot powder (potato maltodextrin, acidity regulator: citric acid); flavour: raspberry (potato maltodextrin, emulsifier: acacia gum; humectant: triacetin; antioxidant: lactic acid; emulsifier: propylene glycol alginate); ferrous gluconate, d-calcium pantothenate, nicotinamide, sweetener: steviol glycosides; riboflavin 5-phosphate sodium, manganese gluconate, thiamin hydrochloride, zinc oxide, chromium trichloride, pyridoxine hydrochloride, cyanocobalamin, beta-carotene (thickener: modified food starch; stabiliser: glucose syrup; antioxidant: dl-alpha tocopherol; anti-caking agent: tricalcium phosphate); phytomenadione (stabiliser: glucose syrup; emulsifier: acacia gum; anti-caking agent: tricalcium phosphate); potassium iodide, sodium molybdate, d-biotin, sodium selenate, cholecalciferol (antioxidant: dl-alpha tocopherol; emulsifier: acacia gum; stabiliser: sugar; anti-caking agent: tricalcium phosphate); copper gluconate, folic acid.

Suitable for vegetarians.

DOES NOT CONTAIN: Artificial colours, flavourings, preservatives, acesulfame K, aspartame, saccharine or sucralose, dairy products, gluten, lactose, soya, yeast.

DIRECTIONS: Adults and children over 13 years, take 1 tablet a day or as your health professional advises. Add to water; dissolves gently. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle. Store in a cool, dry, steam-free environment out of the reach of children. Best before end: see base

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FIM-251-03



128.5 mm

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