

Vegan Daily Multi-Vitamin

Vitamin & Mineral Complex - 60 CAPSULES

INGREDIENTS: Calcium Bisglycinate, Brown Rice Flour, Vitamin C (Ascorbic Acid), Capsule Shell (Hydroxypropyl Methylcellulose), Magnesium Citrate, DL-Choline Bitartrate, Vitamin E (D-Alpha Tocopherol Acid Succinate), Vitamin B12 (Methylcobalamin), Iron (Ferrous Fumarate), Turmeric Powder, Zinc Citrate, Spirulina Powder, Niacin (Nicotinamide), Selenium (L-Selenomethionine), Vitamin B1 (Thiamin Hydrochloride), Vitamin B6 (Pyridoxine Hydrochloride), Manganese Citrate, Vitamin B5 (Pantothenic Acid, Calcium salt), Vitamin A (Retinyl Acetate), Vitamin K2 (Menaquinone-7), Vitamin B2 (Riboflavin), Vitamin D (Cholecalciferol), Copper Bisglycinate, Chromium Picolinate, Folate (Calcium-L-Methylfolate), Potassium Iodide.

DIRECTIONS: Take 2 capsules per day, with food. Do not exceed recommended dose.

Food supplements should not be used as a substitute for a varied balanced diet and a healthy lifestyle. This product contains Vitamin A, if you are pregnant, likely to become pregnant, breastfeeding, taking any medications or under medical supervision, please consult a doctor or healthcare professional before use. Discontinue use and consult a doctor if adverse reactions occur. This product contains iron, which if taken in excess may be harmful to very young children. Keep out of sight and reach of children. Store in a cool, dry place. For Best Before End and Batch No. information see below.

Carefully packed in the UK for DR.VEGAN Ltd.
Crispins, Manor Farm Lane, Michelmersh,
Romsey, Hants, SO51 0NT.
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FREE FROM: Added Sugar, Starch, Sweeteners, Gluten, Wheat, Soya, Lactose, Dairy, Artificial Flavours, Colours and Preservatives.

NUTRITIONAL INFORMATION:

	Per 2 capsules	EC NRV*
Vitamin A	800µg	100%
Vitamin C	250mg	312%
Vitamin D	10µg	200%
Vitamin E	50mg α-TE	416%
Vitamin K	75µg	100%
Vitamin B1 (Thiamin)	10mg	909%
Vitamin B2 (Riboflavin)	5mg	357%
Vitamin B3 (Niacin)	16mg	100%
Vitamin B5 (Pantothenic Acid)	6mg	100%
Vitamin B6	10mg	714%
Folate	300µg	150%
Vitamin B12	500µg	20,000%
Calcium	64mg	8%
Choline	45mg	**
Chromium	75µg	188%
Copper	1,000µg	100%
Iodine	150µg	100%
Iron	15mg	107%
Magnesium	56mg	15%
Manganese	2mg	100%
Selenium	75µg	136%
Spirulina	15mg	**
Turmeric	48mg	**
Zinc	12mg	120%

*NRV = Nutrient Reference Value.
** No NRV Established.

FOOD SUPPLEMENT

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