

PRODUCT INFORMATION:

Two tablets typically provide:		%NRV*
Vitamin A (800iu)	240µg RE	30
Vitamin D (200iu)	5µg	100
Vitamin E (21iu)	14mg α-TE	117
Vitamin K	80µg	107
Vitamin C	200mg	250
Thiamin (Vit B1)	50mg	4545
Riboflavin (Vit B2)	50mg	3571
Niacin (Vit B3)	80mg NE	500
Vitamin B6	6.6mg	471
-as pyridoxal-5-phosphate	3.96mg	
-as pyridoxine HCl	2.64mg	
Folic Acid	130µg	65
Vitamin B12	10µg	400
Biotin		50µg 100
Pantothenic acid (Vit B5)		50mg 833
Calcium		131mg 16
Magnesium		152mg 40
Zinc		10mg 100
Manganese		2.6mg 130
Selenium		30µg 55
Chromium		30µg 75
Iodine		30µg 20
Beta Carotene		800µg
Boron		1mg
Choline		20mg
Inositol		20mg

*NRV - Nutrient Reference Value

INGREDIENTS:

Bulking agent: microcrystalline cellulose, calcium citrate, magnesium oxide, calcium ascorbate, magnesium citrate, magnesium ascorbate, niacin (as nicotinamide), thiamin hydrochloride, calcium pantothenate, riboflavin, choline bitartrate (anti-caking agent: silicon dioxide); anti-caking agent: magnesium stearate; coating: hydroxypropyl methylcellulose, glycerine; zinc citrate, anti-caking agent: silicon dioxide; inositol, vitamin E (as d-alpha tocopheryl succinate), manganese citrate, sodium borate, pyridoxal-5-phosphate, l-selenomethionine, beta-carotene (anti-oxidant: dl-alpha tocopherol); pyridoxine hydrochloride, vitamin A acetate (stabiliser: corn dextrin; anti-caking agent: corn starch; antioxidant: dl-alpha tocopherol); vitamin K1, ergocalciferol, chromium picolinate, folic acid, copper citrate, biotin, potassium iodide, methylcobalamin. * (vegetarian source)

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, wheat.

higher nature

MAXI MULTI WITHOUT ADDED IRON

ULTIMATE NUTRITION

FOOD SUPPLEMENT

90
tablets

MAXI MULTI

- ✓ Multivitamin with over 20 vitamins & minerals.
- ✓ Without added iron.

DIRECTIONS:

Adults take 2-3 tablets a day, children over 13 years 1 a day, or as your health professional advises. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

WARNING:

B vitamins may turn urine bright yellow - this is normal. Iron is naturally present in trace amounts in some ingredients (0.003%).

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

Suitable for vegetarians and vegans.
This product is not tested on animals.

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