

higher nature®

**NO ARTIFICIAL
SWEETENERS**

MULTI

VITS & MINERALS

**20
effervescent
tablets**

FOOD SUPPLEMENT

MULTI VITS & MINERALS

✓ With 22 vitamins & minerals.

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

PRODUCT INFORMATION:

One tablet typically provides:

		%NRV*			%NRV*
Vitamin D3 (100iu)	2.5µg	50	Biotin	25µg	50
Vitamin E (45iu)	30mg α-TE	250	Pantothenic Acid		
Vitamin K1	40µg	53	(Vitamin B5)	25mg	417
Vitamin C	100mg	125	Calcium	200mg	25
Thiamin			Magnesium	100mg	27
(Vitamin B1)	12.5mg	1136	Iron	5mg	36
Riboflavin			Zinc	7.5mg	75
(Vitamin B2)	12.5mg	893	Manganese	2mg	100
Niacin			Selenium	15µg	27
(Vitamin B3)	25mg NE	156	Chromium	15µg	38
Vitamin B6	5mg	357	Molybdenum	15µg	30
Folic Acid	100µg	50	Iodine	30µg	20
Vitamin B12	5µg	200	Beta-Carotene	400µg	

*NRV = Nutrient Reference Value

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); phytylmenadione (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

Made in the EU for Higher Nature,
Burwash Common, East Sussex, TN19 7LX, UK

www.highernature.com



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