

Ingredients

Code S145

Vitamin C 80mg (100% RDA) provided by Ascorbic Acid, Vitamin E 12mg (100% RDA) provided by dl-alpha-Tocopheryl Acetate), Vitamin B3 (Nicotinamide) 16mg (100% RDA), Vitamin A 800mcg (100% RDA), Vitamin D3 (Cholecalciferol) 5mcg (100% RDA), Vitamin B1 (Thiamin Hydrochloride) 1.1mg (100% RDA), Vitamin B2 (Riboflavin) 1.4mg (100% RDA), Microcrystalline Cellulose, Dicalcium Phosphate, Stearic Acid, Silica, Magnesium Stearate.

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Simply ValueTM

Multivitamins 100% RDA



180 tablets

Directions

Take one tablet daily as a food supplement or as directed by a healthcare professional. Do not exceed stated dose. Store in a cool dry place. Keep away from children at all times.

Do not take this product if you are Pregnant or likely to become Pregnant. Pregnant women should not supplement with more than 800µg (2'664 i.u) preformed Vitamin A daily except on advice of a doctor or Antenatal Clinic.

Food Supplement: This product should not be used as a substitute for a varied diet.

Caution: If under medical supervision please consult a doctor before use. Discontinue use if adverse reactions occur.

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the UK or we
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