

INGREDIENTS

CODE **S275**

Vitamin C 60mg (75% RDA) provided by Ascorbic Acid, Magnesium 26mg (7% RDA), Vitamin B3 (Nicotinamide) 18mg (112.5% RDA), Vitamin E 5mg (41.5% RDA) provided by dl-alpha-Tocopheryl Acetate, Vitamin A 800mcg (100% RDA), Vitamin D3 (Cholecalciferol) 5mcg (100% RDA), Vitamin B1 (Thiamin Hydrochloride) 1.1mg (100% RDA), Vitamin B6 (Pyridoxine) 2mg (140% RDA), Zinc 0.72mg (7%, RDA) Folic Acid 200mcg (100% RDA), Iodide 110mcg (73% RDA), Vitamin B12 (Cyanocobalamin) 1mcg (40% RDA), Microcrystalline Cellulose, Stearic Acid, Silica, Magnesium Stearate.

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DIRECTIONS

For adults take one tablet daily as a food supplement or as directed by a healthcare professional.

Store in a cool dry place. Do not use if the seal is broken. Do not exceed stated dose. Keep away from children at all times. Not intended for under 18's. Suitable for Vegetarians.

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.

Diabetics/Hypoglycaemics should consult a doctor before using this product.

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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