

HIGHER
NATURE®
EVERYDAY ESSENTIALS

MULTI
EFFERVESCENT

22 vitamins & minerals
No artificial sweeteners

200mg
20 effervescent
tablets

MULTI EFFERVESCENT
20 EFFERVESCENT TABLETS
FOOD SUPPLEMENT

✓ With 22 vitamins and minerals

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

PRODUCT INFORMATION

One tablet typically provides: %NRV*

		%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

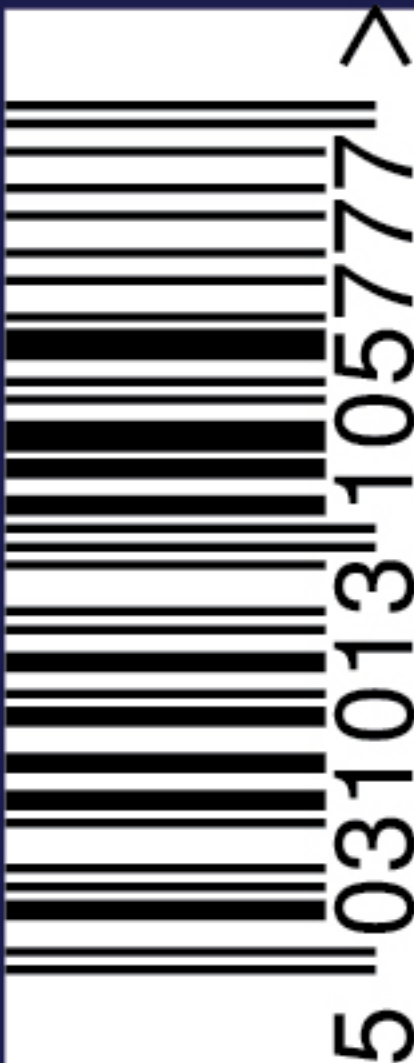
INGREDIENTS: Citric acid, fructose, calcium carbonate, magnesium carbonate, sodium bicarbonate, vitamin C, vitamin E, colour: beetroot powder (acidity regulator: citric acid); flavour: raspberry; ferrous gluconate, vitamin B5, vitamin B3, sweetener: steviol glycosides; vitamin B2, manganese gluconate, vitamin B1, zinc oxide, chromium trichloride, vitamin B6, vitamin B12, beta-carotene (antioxidant: dl-alpha tocopherol); vitamin K1, potassium iodide, sodium molybdate, d-biotin, sodium selenate, vitamin D3 (antioxidant: dl-alpha tocopherol); copper gluconate, folic acid. Suitable for vegetarians

FREE FROM: Artificial colours, flavourings, preservatives, acesulfame K, aspartame, saccharine or sucralose, dairy products, gluten, lactose, soya, yeast.

DIRECTIONS: Adults and children 13 and over 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.

STORAGE: Store in a cool, dry place out of the reach of children. Best before end: see base

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