

PRODUCT INFORMATION:

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

*NRV = Nutrient Reference Value

INGREDIENTS: Bulking agent: microcrystalline cellulose, calcium citrate, lithothamnion calcarea, vitamin C, magnesium oxide, magnesium citrate, magnesium ascorbate, vitamin B3, vitamin B1, vitamin B5, Vitamin B2, choline bitartrate (anti-caking agent: silicon dioxide); anti-caking agent: magnesium stearate; zinc citrate, coating: hydroxypropyl methylcellulose (glycerine); anti-caking agent: silicon dioxide; inositol, vitamin E (as d-alpha tocopheryl succinate), manganese citrate, sodium borate, vitamin B6, l-selenomethione, beta-carotene (anti-oxidant: dl-alpha tocopherol); vitamin B6, vitamin A acetate (stabiliser: corn dextrin; anti-caking agent: corn starch; antioxidant: d-alpha tocopherol); vitamin D, vitamin K1, chromium picolinate, folic acid, copper citrate, biotin, potassium iodide, vitamin B12.

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

HIGHER NATURE®

EVERYDAY ESSENTIALS

MAXI MULTI

No added iron

24 vitamins & minerals

90 tablets
vegetarian and vegan



MAXI MULTI FOOD SUPPLEMENT - 90 TABLETS

- ✓ Multivitamin with 24 vitamins and minerals
- ✓ No added iron
- ✓ Perfect for men and post-menopausal women

DIRECTIONS: Adults take 2-3 tablets (children 13 and over 1 tablet) a day with meals. 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.

STORAGE: Store in a cool, dry place out of reach of children.

This product has not been tested on animals.

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