

Product Information

It is increasingly difficult to obtain vital nutrients from the food we eat, therefore a daily multivitamin in conjunction with a balanced diet may offer an easy and convenient way of ensuring your body is getting the nutrients it needs to maintain good health.

Ingredients - Each Tablet Contains:

Calcium 400mg (50% RDA), Magnesium 189mg (50% RDA), Microcrystalline Cellulose, Vitamin C 60mg (75% RDA), Alpha Lipoic Acid 25mg, Silica, Vitamin B3 18mg (112.5% RDA), Zinc 15mg (150% RDA), Iron 14mg (100% RDA), Citrus Bioflavonoids 10.5mg, Cranberry Fruit Extract 10mg (25:1) equivalent to 250mg, Vitamin E 10mg (83.3% RDA), Green Tea Extract 10mg (90% Polyphenols), Vitamin B5 6mg (100% RDA), Magnesium Stearate, Vitamin B6 2mg (142% RDA), Copper 2mg (200% RDA), Manganese 2mg (100% RDA), Stearic Acid, Vitamin B2 1.6mg (114% RDA), Vitamin B1 1.4mg (127% RDA), Lutein 950mcg, Vitamin A 800mcg (100% RDA), Folic Acid 200mcg (100% RDA), Iodide 150mcg (100% RDA), D-Biotin 150mcg (300% RDA), Chromium 120mcg (300% RDA), Molybdenum 75mcg (150% RDA), Selenium 50mcg (90% RDA), Vitamin K2 8mcg (10% RDA), Vitamin D3 5mcg (100% RDA), Vitamin B12 1mcg (40% RDA).

Suggested Daily Intake

Take one tablet daily as a food supplement or as directed by a healthcare professional.

SimplyBest™

VitaFem™ Plus

Complete multivitamin for women
60 Tablets



Unprecedented quality and purity

Important Information

If you are taking any prescription medication, you have a medical condition or you have specific concerns about the suitability of our products, always consult your GP or Pharmacist prior to taking supplements. Do not exceed stated dose. Store in a cool dry place. Keep away from children at all times. Do not use if seal is broken. Pregnant or lactating women should consult a Doctor before using this product. Suitable for vegetarians. Image is for illustration purposes only. Food supplement: This product should not be used as a substitute for a varied diet.



SimplySupplements™

Simply Supplements Le Bourg, Forest, Guernsey, GY8 0AN

Freephone Orderline: 0800 988 0292

Customer Care Line: 0845 863 0622

www.simplysupplements.co.uk



S861