

ADVANCED DAILY SUPPORT - FOOD SUPPLEMENT - 18 STRIPS

Includes one each of Advanced Multi, Immune + and Complete Omegas 3:6:7:9

DIRECTIONS: Adults and children 13 and over take one strip (one of each kind of tablet or capsule) every 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 a healthy lifestyle.

ADVANCED MULTI

Complete multivitamin with minerals - 24 essential nutrients

PRODUCT INFORMATION:

One tablet typically provides:

		%NRV*
Vitamin A (2500iu)	750µg RE	94
Vitamin D (100iu)	2.5µg	50
Vitamin E (45iu)	30.3mg α-TE	253
Vitamin K	40µg	53
Vitamin C	100mg	125
Thiamin (vitamin B1)	25mg	2273
Riboflavin (vitamin B2)	25mg	1786
Niacin (vitamin B3)	40mg NE	250
Vitamin B6	3.3mg	236
(as pyridoxal-5-phosphate and pyridoxine HCl)	1.32mg	
Folic acid	65µg	33
Vitamin B12 (methylcobalamin)	20µg	800
Biotin	25µg	50
Pantothenic acid (vitamin B5)	25mg	417
Calcium	170mg	21
Magnesium	75mg	20
Iron	5mg	36
Zinc	5mg	50
Manganese	1.3mg	65
Selenium	15µg	27
Chromium	20µg	50
Molybdenum	15µg	30
Iodine	15µg	10
Choline	10mg	
Inositol	10mg	

INGREDIENTS: Natural lithothamnion calcarea, calcium citrate, magnesium citrate, vitamin C, magnesium oxide, vitamin E (anti-caking agent: silicon dioxide); magnesium ascorbate, coating: hydroxypropyl methylcellulose, glycerine, colour; sodium copper chlorophyllin; ferrous gluconate, vitamin B3, vitamin B1, vitamin B5, vitamin B2, choline bitartrate, anti-caking agent: silicon dioxide; zinc citrate, anti-caking agent: magnesium stearate; inositol, vitamin A (antioxidant: dl-alpha tocopherol; anti-caking agent: silicon dioxide; emulsifier: sorbitan monostearate); manganese citrate, anti-caking agent: stearic acid; vitamin B6, l-selenomethionine (anti-caking agent: dicalcium phosphate); vitamin B6, chromium picolinate, folic acid, copper citrate, vitamin K, biotin, vitamin B12, ammonium molybdate, potassium iodide, vitamin D.

IMMUNE +

Vitamin C with zinc

✓ Vitamin C and zinc contribute to the normal functioning of the immune system

PRODUCT INFORMATION:

One tablet typically provides:

	mg	%NRV*
Vitamin C	500mg	625
Zinc	2.5mg	25
Blackcurrant fruit		
4:1 extract	25mg	
(min. 2% anthocyanidins)		
Bilberry standardised extract	25mg	
(2% anthocyanidins)		
Black elderberry standardised extract	40mg	
(2% total flavonoids)		
*NRV = Nutrient Reference Value		

INGREDIENTS: Vitamin C (ascorbic acid), bulking agent: microcrystalline cellulose; black elderberry extract, blackcurrant fruit extract, bilberry extract, coating: hydroxypropyl methylcellulose (glycerine); anti-caking agent: magnesium stearate; zinc citrate, anti-caking agent: silicon dioxide.

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

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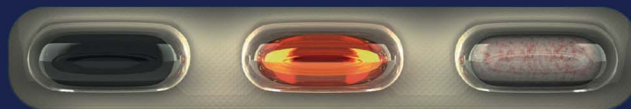
HIGHER NATURE®

EVERYDAY ESSENTIALS



ADVANCED DAILY SUPPORT

All-in-one nutrition



IMMUNE

OMEGA

MULTIVITAMIN

COMPLETE OMEGAS 3:6:7:9

Blend of all omegas

PRODUCT INFORMATION:

One capsule typically

provides:	mg
EPA	minimum 170
DHA	minimum 120
GLA	minimum 45
Palmitoleic acid minimum (omega 7 from sea buckthorn oil)	11
Oleic acid	minimum 28
(omega 9 from extra virgin olive & sea buckthorn oils)	

INGREDIENTS: Fish oil [providing minimum 32% eicosapentaenoic acid (EPA) and minimum 22% docosahexaenoic acid (DHA)] (antioxidant: mixed tocopherols), capsule: gelatine (bovine), glycerine; starflower oil (borage) minimum 22% gamma linolenic acid (GLA), virgin olive oil, sea buckthorn oil, antioxidant: d-alpha tocopherol. (Allergens in **bold**)

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

WARNING: Contains vitamin A. Do not take if pregnant or planning pregnancy. B vitamins may turn urine bright yellow – this is normal.

This product has not been tested on animals.

18 strips