

PRODUCT INFORMATION:

Two tablets typically provide:

	%NRV*		%NRV*
Vitamin A (800iu)	240µg RE	30 Biotin	50µg
Vitamin D3 (400iu)	10µg	200 Pantothenic acid (vitamin B5)	50mg
Vitamin E (90iu)	60.6mg α-TE	505 Calcium	342mg
Vitamin K1	80µg	107 Magnesium	169mg
Vitamin C	200mg	250 Iron	10mg
Thiamin (vitamin B1)	50mg	4545 Zinc	10mg
Riboflavin (vitamin B2)	50mg	3571 Manganese	2.6mg
Niacin (vitamin B3)	80mg NE	500 Selenium	30µg
Vitamin B6	6.6mg	471 Chromium	40µg
- as pyridoxal-5-phosphate	4mg	Molybdenum	30µg
- as pyridoxine HCl	2.6mg	Iodine	75µg
Folic acid	130µg	65 Choline	20mg
- as methyltetrafolate	65µg	Inositol	20mg
- as folic acid	65µg	Bacillus coagulans**	7.2mg
Vitamin B12	40µg	1600 Beta carotene	0.8mg

*NRV = Nutrient Reference Value ** in the order of 100 million cfu at the time of manufacture

DIRECTIONS: Adults and children 15 years and over take 2-3 tablets a day (children 11-14 take 2 tablets a day, children 5-10 take 1 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. Contains Vitamin K. If you are taking anti-coagulants (blood thinners) do not take more than 2 tablets a day except on the advice of a doctor. 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 reach of children.**FREE FROM:** Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, soya, wheat, yeast. This product has not been tested on animals.

HIGHER NATURE®

EVERYDAY ESSENTIALS

ADVANCED MULTI

Complete
multivitamin
with minerals26 essential nutrients
including live bacteria30 tablets
vegetarian and veganNEW
IMPROVED**ADVANCED MULTI
FOOD SUPPLEMENT - 30 TABLETS**

INGREDIENTS: Natural lithothamnion calcarea, bulking agent: calcium carbonate, calcium citrate, magnesium citrate, magnesium oxide, bulking agent: cellulose, calcium ascorbate, magnesium ascorbate, nicotinamide, ferrous gluconate, d-alpha tocopherol succinate, thiamin, calcium d-pantothenate, riboflavin, choline bitartrate (anti-caking agent: silicon dioxide), anti-caking agent: silicon dioxide, coating: hydroxypropyl methylcellulose (glycerine), zinc citrate, anti-caking agent: magnesium stearate, inositol, manganese citrate, anti-caking agent: stearic acid, pyridoxal-5-phosphate, bacillus coagulans, L-selenomethionine, cholecalciferol (anticaking agent: silicon dioxide, antioxidant: ascorbyl palmitate), beta carotene (antioxidant: dl-alpha tocopherol), pyridoxine HCl, vitamin A acetate (antioxidant: dl-alpha tocopherol), phytomenadione, chromium picolinate, copper citrate, calcium L-5-methyltetrahydrofolate, potassium iodide, pteroylglutamic acid, biotin, ammonium molybdate, methylcobalamin.

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