

PRODUCT INFORMATION:

Two tablets typically provide:

	%NRV*		%NRV*
Vitamin A (800iu)	240µg RE 30	Biotin	50µg 100
Vitamin D3 (400iu)	10µg 200	Pantothenic acid (vitamin B5)	50mg 833
Vitamin E (90iu)	60.6mg α-TE 505	Calcium	342mg 43
Vitamin K1	80µg 107	Magnesium	169mg 45
Vitamin C	200mg 250	Iron	10mg 71
Thiamin (vitamin B1)	50mg 4545	Zinc	10mg 100
Riboflavin (vitamin B2)	50mg 3571	Manganese	2.6mg 130
Niacin (vitamin B3)	80mg NE 500	Selenium	30µg 55
Vitamin B6	6.6mg 471	Chromium	40µg 100
- as pyridoxal-5-phosphate	4mg	Molybdenum	30µg 60
- as pyridoxine HCl	2.6mg	Iodine	75µg 50
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 and over take 2-3 tablets a day (children 11-14 take 2 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. This product contains iron, which, if taken in excess, may be harmful to very young children. Keep out of sight and reach. Total content of iron per bottle is 900mg.

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 minerals

26 essential nutrients
including live bacteria

180 tablets
vegetarian and vegan



NEW
IMPROVED

**ADVANCED MULTI
FOOD SUPPLEMENT - 180 TABLETS**

- ✓ Suitable for all the family
- ✓ Highly absorbable for optimum benefit

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 (natural vitamin E), 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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