

PRODUCT INFORMATION:

Three capsules typically provide:			%NRV*		
Vitamin A (5555iu)	1667µg RE	208	Molybdenum	20µg	40
Vitamin D (60iu)	1.5µg	30	Iodine	50µg	33
Vitamin E (7.5iu)	5mg α-TE	42	Boron	0.75mg	
Vitamin K1	30µg	40	Silicon	32.8mg	
Vitamin C	247mg	309	Kelp	100mg	
Thiamin (vitamin B1)	3mg	273	Carnitine	25mg	
Riboflavin (vitamin B2)	3mg	214	Co-enzyme Q-10	2.7mg	
Niacin (vitamin B3)	18mg NE	113	SuperPotency Soyagen	10mg	
Vitamin B6	2.5mg	179	α-lipoic acid	5mg	
Folic acid	100µg	50	Bromelain	20mg	
Vitamin B12	1µg	40	Horsetail extract	10.7mg	
Biotin	50µg	100	Artichoke	10mg	
Pantothenic acid (vitamin B5)	10mg	165	Fenugreek	15mg	
Calcium	120mg	15	Garlic	15mg	
Magnesium	37.7mg	10	Broccoli	5mg	
Iron	2mg	14	Parsley	30mg	
Zinc	12mg	120	Capsicum	3mg	
Copper	1000µg	100	Ginger	10mg	
Manganese	1mg	50	Bacillus coagulans	50.4 million	
Selenium	75µg	136	Citrus bioflavonoids	8mg	
Chromium GTF	30µg	75			

*NRV= Nutrient Reference Value

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

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

This product has not been tested on animals.

HIGHER NATURE®

LIFE STAGE

ALL MAN

Complete
multinutrient
for men

41 essential nutrients

180 capsules
vegetarian and vegan



ALL MAN FOOD SUPPLEMENT - 180 CAPSULES

DIRECTIONS: Take 3 capsules 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.

INGREDIENTS: Proprietary mixture: zinc sulphate, magnesium chloride, copper sulphate, vitamin C, boric acid, vitamin B3, ferrous fumarate, vitamin B5, vitamin B2, d-alpha tocopherol (**wheat**), citrus bioflavonoids, manganese chloride, chromium chloride, vitamin B6, vitamin B1, **soya**, sodium molybdate, vitamin B9, biotin, phytonadione, vitamin B12, vitamin D2 with enzyme digested S.cerevisiae (with **soya**); selenium, co-enzyme Q10, beta carotene enriched, enzyme digested S.cerevisiae; lithothamnion calcarea, capsule: hydroxypropyl methylcellulose; magnesium ascorbate, kelp†, silicon dioxide, anti-caking agent: magnesium stearate; carnitine, parsley, bromelain, vitamin A acetate (antioxidant: dl-alpha tocopherol); fenugreek seed, garlic, horsetail extract, artichoke, ginger, α-lipoic acid, broccoli extract, bacillus coagulans, capsicum fruit. (Allergens in **bold**)
†May not be suitable for people with a fish or crustacean allergy.

Higher Nature Ltd, 10 Discovery Way, Horam, East Sussex TN21 0GE, UK
highernature.com



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