

PRODUCT INFORMATION:

Three capsules typically provide:

	%NRV*		%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

30 capsules
vegetarian and vegan**ALL MAN****FOOD SUPPLEMENT - 30 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.

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