

PRODUCT INFORMATION:

Three capsules typically provide:

	%NRV*		%NRV*
Vitamin A (5555iu)	1667µg RE 208	Iodine	100µg 67
Vitamin D (100iu)	2.5µg 50	Boron	0.75mg
Vitamin E (15iu)	10mg α-TE 83	Silicon	27mg
Vitamin K1	40.2µg 54	Carnitine	15mg
Vitamin C	145mg 181	Co-enzyme Q10	2mg
Thiamin (vitamin B1)	3mg 273	SuperPotency Soyagen	25mg
Riboflavin (vitamin B2)	3mg 214	α-lipoic acid	5mg
Niacin (vitamin B3)	18mg NE 113	Sage	20mg
Vitamin B6	5mg 357	Kelp	200mg
Folic acid	200µg 100	Cranberry extract	10mg
Vitamin B12	2µg 80	Artichoke	10mg
Biotin	50µg 100	Dandelion root extract	10mg
Pantothenic acid (vitamin B5)	5mg 83	Angelica	10mg
Calcium	120mg 15	Broccoli	10mg
Magnesium	28.8mg 8	Ginger	10mg
Iron	4mg 28	Horsetail extract	8.6mg
Zinc	3.6mg 36	Parsley	30mg
Copper	330µg 33	Garlic	15mg
Manganese	0.33mg 17	Capsicum	3mg
Selenium	75µg 136	Hops	20mg
Chromium GTF	30µg 75	Bacillus coagulans	50.4 million
Molybdenum	40µg 80	Citrus bioflavonoids	12mg

*NRV = Nutrient Reference Value

FREE FROM: Artificial colours, flavourings or preservatives, dairy products, lactose.**STORAGE:** Store in a cool, dry place out of reach of children.

Contains Vitamin A. Do not take if pregnant or planning pregnancy

This product has not been tested on animals.

HIGHER NATURE®

LIFE STAGE**WISE WOMAN**Complete
multinutrient
for women

44 essential nutrients

30 capsules
vegetarian and vegan**WISE WOMAN
FOOD SUPPLEMENT - 30 CAPSULES****DIRECTIONS:** Adults take 3 capsules a day, with or between 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: magnesium chloride, vitamin C, ferrous fumarate, boric acid, zinc sulphate, vitamin B3, d-alpha tocopherol (**wheat**), copper sulphate, vitamin B2, vitamin B6, **soya**, vitamin B5, folic acid, sodium molybdate, chromium chloride, vitamin B1, citrus bioflavonoids, biotin, manganese chloride, phytonadione, vitamin D12, vitamin D2 with enzyme digested *S.cerevisiae* (**soya**); selenium, beta carotene, co-enzyme Q10 enriched, enzyme digested *S.cerevisiae*; lithothamnion calcarea, capsule: hydroxypropyl methylcellulose; kelp; magnesium ascorbate, bulking agent: microcrystalline cellulose; anti-caking agents: silicon dioxide, magnesium stearate; parsley, carnitine, sage, hops, vitamin A acetate (antioxidant: dl-alpha tocopherol); garlic, broccoli extract, artichoke, dandelion root extract, angelica, cranberry extract, ginger, horsetail extract, α-lipoic acid, bacillus coagulans, capsicum fruit powder. (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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