

DAILY NUTRIENTS FOR VEGANS

FOOD SUPPLEMENT - 28 STRIPS

Includes one each of High Strength Multivitamin and Mineral with live bacteria, Gentle Iron Complex and Natural Calcium.

- ✓ The perfect combination of nutrients to support a vegan lifestyle
- ✓ Complete multivitamin and minerals with 26 nutrients, including live, friendly bacteria
- ✓ Iron, calcium and iodine are difficult to get from a vegan diet
- ✓ Well absorbed and well tolerated sources of iron and calcium
- ✓ Iron contributes to the reduction of tiredness and fatigue, and normal cognitive function

PRODUCT INFORMATION:

HIGH STRENGTH MULTIVITAMIN & MINERAL

| One tablet typically provides: |             | %NRV* |                               | %NRV*     |
|--------------------------------|-------------|-------|-------------------------------|-----------|
| Vitamin A (400iu)              | 120µg RE    | 15    | Biotin                        | 25µg 50   |
| Vitamin D3 (200iu)             | 5µg         | 100   | Pantothenic acid (vitamin B5) | 25mg 417  |
| Vitamin E (45iu)               | 30.3mg α-TE | 253   | Calcium                       | 171mg 22  |
| Vitamin K1                     | 40µg        | 54    | Magnesium                     | 84mg 23   |
| Vitamin C                      | 100mg       | 125   | Iron                          | 5mg 36    |
| Thiamin (vitamin B1)           | 25mg        | 2273  | Zinc                          | 5mg 50    |
| Riboflavin (vitamin B2)        | 25mg        | 1786  | Manganese                     | 1.3mg 65  |
| Niacin (vitamin B3)            | 40mg NE     | 250   | Selenium                      | 15µg 28   |
| Vitamin B6                     | 3.3mg       | 236   | Chromium                      | 20µg 50   |
| - as pyridoxal-5-phosphate     | 2mg         |       | Molybdenum                    | 15µg 30   |
| - as pyridoxine HCl            | 1.3mg       |       | Iodine                        | 37.5µg 25 |
| Folic acid                     | 65µg        | 33    | Choline                       | 10mg      |
| - as methyltetrafolate         | 32.5µg      |       | Inositol                      | 10mg      |
| - as folic acid                | 32.5µg      |       | Bacillus coagulans**          | 3.6mg     |
| Vitamin B12                    | 20µg        | 800   | Beta carotene                 | 0.4mg     |

\*in the order of 100 million cfu at the time of manufacture

**INGREDIENTS:** Natural lithothamnion calcareum, bulking agent: calcium carbonate, calcium citrate, magnesium citrate, magnesium oxide, bulking agent: microcrystalline 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.

GENTLE IRON COMPLEX

| One capsule typically provides: |       | %NRV* |
|---------------------------------|-------|-------|
| Vitamin C                       | 40mg  | 50    |
| from acerola complex            | 176mg |       |
| Riboflavin (vitamin B2)         | 1.4mg | 100   |
| Iron                            | 10mg  | 71    |
| Copper                          | 500µg | 50    |

**INGREDIENTS:** Acerola complex (ascorbic acid, acerola extract), capsule: hydroxypropyl methylcellulose, ferrous bisglycinate, bulking agent: microcrystalline cellulose, anti-caking agents: magnesium stearate, silicon dioxide; riboflavin, copper citrate.

NATURAL CALCIUM

| One capsule typically provides: |       | %NRV* |
|---------------------------------|-------|-------|
| Aquamin™ marine calcium         | 260mg | 33    |

**INGREDIENTS:** Natural lithothamnion calcareum (marine calcium), capsule: hydroxypropyl methylcellulose, anti-caking agent: magnesium stearate.

\* NRV = Nutrient Reference Value



HIGHER NATURE®



DAILY NUTRIENTS™ FOR VEGANS

A trio of supplements in a handy daily strip to support a vegan lifestyle

HIGH STRENGTH MULTIVITAMIN & MINERAL

GENTLE IRON COMPLEX

NATURAL CALCIUM

**DIRECTIONS:** Adults and children 13 and over take 1 strip (containing 1 tablet and 2 different capsules) daily with breakfast. Do not exceed recommended daily intake. 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.

**BEST BEFORE END:** See base

Higher Nature Ltd,  
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highernature.com

28 DAYS' SUPPLY  
vegetarian & vegan

ALSO TRY DAILY NUTRIENTS FOR...

CALM

ENERGY & VITALITY

IMMUNITY

A RESTFUL NIGHT

**FREE FROM:** Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, soya, wheat, yeast.

**WARNING:** B vitamins may turn urine bright yellow - this is normal. 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 pack is 420mg.

This product has not been tested on animals.

Blister strips not to be sold separately