

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,
10 Discovery Way, Horam,
East Sussex TN21 0GE, UK
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