

PRODUCT INFORMATION:

Three capsules typically provide:

		%NRV*		%NRV*
Vitamin A (5555iu)	1667µg RE	208	Iodine	100µg
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	Super potency 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 36:1	10mg
Vitamin B12	2µg	80	Artichoke	10mg
Biotin	50µg	100	Dandelion root extract 5:1	10mg
Pantothenic acid (Vitamin B5)	5mg	83	Angelica	10mg
Calcium	139mg	17	Broccoli extract 15:1	10mg
Magnesium	28.8mg	8	Ginger	10mg
Iron	4mg	28	Horsetail extract 10:1	8.6mg
Zinc	3.6mg	36	Parsley	30mg
Copper	0.33mg	33	Garlic	15mg
Manganese	0.33mg	17	Capsicum	3mg
Selenium	75µg	136	Hops	20mg
Chromium GTF	30µg	75	Bacillus coagulans**	3.4mg
Molybdenum	40µg	80	Citrus bioflavonoids	12mg

*NRV = Nutrient Reference Value

**in the order of 50.4 million (50.4x10⁶) cfu

No artificial colours, flavours or preservatives. No added sugar or salt.

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

WARNING: Contains Vitamin A. Do not take if pregnant, planning pregnancy or breastfeeding. If taking any medication or have a medical condition, please consult your healthcare professional before using this product.

This product has not been tested on animals.

HIGHER NATURE®

LIFE STAGE

WISE WOMAN

Complete
multinutrient
for women

44 nutrients
including live bacteria,
botanicals & CoQ10

180 capsules
vegetarian and vegan



WISE WOMAN FOOD SUPPLEMENT - 180 CAPSULES

DIRECTIONS: Adults 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: magnesium chloride, l-ascorbic acid, ferrous fumarate, boric acid, zinc sulphate, nicotinamide, d-alpha tocopherol, copper sulphate, riboflavin, pyridoxine HCl, fermented **soya**, calcium d-pantothenate, pteroylmonoglutamic acid, sodium molybdate, chromium acetate, thiamine HCl, citrus bioflavonoids, d-biotin, manganese chloride, phytomenadione, cyanocobalamin, ergocalciferol with enzyme digested *S.cerevisiae* (**soya**); sodium selenite, beta carotene, co-enzyme Q10 enriched, enzyme digested *S.cerevisiae*; lithothamnium calcareum, capsule: hydroxypropyl methylcellulose, kelp†, magnesium ascorbate, anti-caking agents: silicon dioxide, magnesium stearate; bulking agent: microcrystalline cellulose, parsley leaf powder, l-carnitine, sage powder, hops powder, retinyl acetate, broccoli extract, artichoke leaf powder, dandelion root extract, angelica sinensis powder, cranberry extract, ginger root powder, horsetail extract, α-lipoic acid, bacillus coagulans, capsicum fruit powder, garlic extract.

Allergy advice: see ingredients in **bold**

†May not be suitable for people with a fish or crustacean allergy.

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