

COMPOSITION PER TWO CAPSULES (DAILY PORTION)

Vitamins		% RI**	Amino Acids		% RI**
Vitamin A (Retinol)	800 mcg	100	Alanin	30 mg	-
Vitamin B1 (Thiamine HCL)	1,1 mg	100	Arginin*	23 mg	-
Vitamin B2 (Riboflavin)	1,4 mg	100	Aspartic Acid	30 mg	-
Vitamin B3 (Niacinamide)	16 mg	100	Cystein	5 mg	-
Vitamin B5 Ca-Pantothenate)	6 mg	100	Phenylalanin*	15 mg	-
Vitamin B6 (Pyrid.-5-Phosphate)	1,4 mg	100	Glutamic Acid	42 mg	-
Vitamin B12 (Methylcobalamin)	1 mcg	100	Glycin	20 mg	-
Vitamine C (Ascorbic Acid)	160 mg	200	Histidin*	7 mg	-
Vitamine D3 Cholecalciferol)	10 mcg	200	Isoleucin*	13 mg	-
Vitamine E (d-α-Tocopherol)	12 mg	100	L-carnitin	10 mg	-
Foliumzuur	200 mcg	100	Lysin*	34 mg	-
Vitamine K2 (MK7)	76 mcg	100	Leucin*	30 mg	-
Choline (bitartraat)	100 mcg	-	Methionin*	8 mg	-
Inositol	100 mcg	-	Prolin	23 mg	-
Biotine	50 mcg	100	Serin	14 mg	-
			Taurin*	10 mg	-
Lutein	1,4 mg	-	Threonin*	16 mg	-
Zeaxanthin	0,2 mg	-	Tryptophane*	6 mg	-
			Tyrosin	10 mg	-
			Valin*	21 mg	-
Minerals		4			
Calcium	32 mg	8	Fatty Acids		
Iron	0,6 mg	<1			
Copper	0,6 mcg	100	Total omega-3	6,0 mg	-
Zinc (gluconate)	10 mg	0,2	- C18:3 (ALA)	6,0 mg	-
Iodine	0,2 mcg	0,8	Total omega-3	2,0 mg	-
Potassium	20 mg	6	- C18:3 (ALA)	2,0 mg	-
Manganese	124 mcg	100	Total omega-3	12,0 mg	-
Selenium (selenomethionine)	56 mcg	3	- C18:3 (ALA)	12,0 mg	-
Chromium	1,2 mcg	20	Total omega-3	7,0 mg	-
Magnesium	75 mg	-	- C18:3 (ALA)	7,0 mg	-
Sodium	0,7 mg	2			
Phosphorus	13 mg	-			
Other trace elements	12 mg	-			

*There are 9 so-called 'Essential' Amino Acids, that the human body cannot produce.

** RI = EU Reference Intake

INGREDIENT COMPOSITION: Algae Concentrate, Ocean Water Concentrate, Hydroxypropylmethylcellulose (vegetarian capsule), Vitamins, Minerals, Amino Acids



NATURAL DAILY MULTI

NUTRITION FROM THE SEA

60 CAPSULES

Every capsule Natural Daily Complex contains a unique mixture of several marine algae and ocean water concentrate, rich in amino acids, vitamins, minerals, trace elements and fatty acids, all in natural form. To make this a complete daily formulation, some amino acids, vitamins and minerals have been added. This unique formulation contains twenty amino acids, fourteen vitamins, and all more than 70 minerals and trace elements found in nature.

Recommended for use: Adults take twice daily 1 capsule, or as recommended. For children calculate according to body weight. For optimal effect, use daily. Best taken with a meal. Do not exceed the recommended dosage. Do not take if product has expired

Storage: Store at a dry place at room temperature, and out of reach of small children.

Food Supplement, containing vitamins, minerals, amino acids and fatty acids. A food supplement should not be used as a substitute for a varied diet.

Batch Nr.:

Tenminste Houdbaar tot:

Producer: Kala Health BV, NL

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Website: www.kalahealth.eu

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