

Swisse Wellness Pty Ltd
Melbourne, AUSTRALIA
To speak to a Qualified
Swisse Healthcare Advisor
FREECALL 1800 794 773
swisse.com.au



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Batch No.

Use by



arl.org.au



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WOMEN'S MULTIVITAMIN

KEY NUTRIENTS TO SUPPORT
IMMUNE HEALTH, ENERGY PRODUCTION
& HELP RELIEVE FATIGUE

BASED ON SCIENTIFIC EVIDENCE

60 FILM COATED TABLETS
ONE-A-DAY



AUST L 380720



SWISSE ULTIVITE WOMEN'S MULTIVITAMIN is scientifically formulated to provide a comprehensive blend of vitamins, minerals and herbs to **support a healthy, active lifestyle**. Tailored specifically for women, this multivitamin supports **immune health and energy production**, helps **relieve fatigue**, supports **healthy hair, skin and nails** and helps **prevent dietary nutritional deficiencies**.

DIRECTIONS FOR USE – ADULT DOSAGE:

WARNINGS: Stop taking this medication if you experience tingling, burning or numbness and see your healthcare practitioner as soon as possible. [Contains vitamin B6]. Do not use if pregnant or likely to become pregnant. Use in children under 12 years is not recommended. Do not use while breastfeeding. This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded. Do not take while on warfarin therapy without medical advice. Not for the treatment of iron deficiency conditions. Vitamin and mineral supplements should not replace a balanced diet. If symptoms persist, talk to your health professional. Store below 25°C in a cool, dry place. Do not use if cap seal is broken. **One tablet daily, during or immediately after a meal, or as directed by a healthcare professional.**

EACH FILM COATED TABLET CONTAINS:

Biotin 150 µg; **Folic Acid** 500 µg; **Nicotinamide** 25 mg; **Vitamin B1** (thiamine from thiamine hydrochloride) 22.03 mg; **Vitamin B2** (riboflavin) 30 mg; **Vitamin B5** (panthothenic acid from calcium pantothenate) 69 mg; **Vitamin B6** (pyridoxine from pyridoxine hydrochloride) 24.68 mg; **Vitamin B12** (cyanocobalamin) 50 µg; **Vitamin C** (ascorbic acid) 165 mg; **Vitamin D3** (cholecalciferol) 25 µg; **Vitamin E** (d-alpha-tocopheryl acid succinate) 24.79 mg; **Calcium** (from calcium citrate tetrahydrate) 42 mg; **Chromium** (from chromium picolinate) 6.2 µg; **Copper** (from copper gluconate) 58 µg; **Iodine** (from potassium iodide) 50 µg; **Iron** (from ferrous fumarate) 4.9 mg; **Magnesium** (from heavy magnesium oxide) 105 mg; **Manganese** (from manganese amino acid chelate) 1.2 mg; **Potassium** (from potassium sulfate) 4 mg; **Selenium** (from selenomethionine) 26 µg; **Zinc** (from zinc sulfate monohydrate) 5 mg; **Betacarotene** 1 mg; **Choline** (from choline bitartrate) 10.28 mg; **Co-enzyme Q10** (ubidecarenone) 1 mg; **Inositol** 25 mg; **Lutein** 0.2 mg; **Lysine** (from lysine hydrochloride) 8 mg; **Silicon** (from colloidal anhydrous silica) 9.33 mg; **Spearmint Oil** 1.5 mg; **Ashwagandha** (Withania somnifera extract 50 mg) equiv. dry root 500 mg; **Astragalus** (Astragalus membranaceus extract 5 mg) equiv. dry root 50 mg; **Bilberry** (Vaccinium myrtillus extract 0.25 mg) equiv. fresh fruit 25 mg; **Celery** (Apium graveolens extract 1.6 mg) equiv. dry seed 20 mg; **Fennel** (Foeniculum vulgare extract 3 mg) equiv. dry fruit 15 mg; **Ginger** (Zingiber officinale extract 1 mg) equiv. dry rhizome 5 mg; **Ginkgo** (Ginkgo biloba extract 0.1 mg) equiv. dry leaf 5 mg; **Globe Artichoke** (Cynara scolymus extract 1 mg) equiv. fresh leaf 50 mg; **Grape Seed** (Vitis vinifera extract 9.9 mg) equiv. dry seed 1.18 g; **Gulu Kola** (Centella asiatica extract 2.5 mg) equiv. dry whole plant 10 mg; **Green Tea** (Camellia sinensis extract 62 mg) equiv. dry leaf 372 mg; **Korean Ginseng** (Panax ginseng extract 2.5 mg) equiv. dry root 25 mg; **Liquorice** (Glycyrrhiza glabra extract 2 mg) equiv. dry root & stolon 10 mg; **Milk Thistle** (Silybum marianum extract 0.71 mg) equiv. dry fruit 50 mg; **Papaya** (Carica papaya fruit powder) 10 mg; **Parsley** (Petroselinum crispum extract 2.5 mg) equiv. dry herb 10 mg. **Note:** µg = micrograms. Contains soya beans.

 No added lactose, gluten, yeast, egg or artificial flavours.