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Batch No. and Best Before

Professional strength formula for optimal daily nutritional support.

www.inessawellness.com

DIRECTIONS: Take one tablet daily with food, or as recommended by a healthcare professional. Do not exceed the recommended intake. Do not use as a substitute for a varied diet and healthy lifestyle.

STORE IN A COOL, DRY PLACE AND OUT OF SIGHT AND REACH OF CHILDREN

OTHER INGREDIENTS: Dicalcium Phosphate Dihydrate, Microcrystalline Cellulose, Silicon Dioxide, Stearic Acid, Magnesium Stearate, Hydroxypropyl Methylcellulose.

Manufactured for Inessa, 78 York Street, London, W1H 1DP, UK
(619) 639-8680

Produced in the UK



INESSA

ADVANCED MULTIVITAMIN

BIOACTIVE ONCE DAILY MULTIVITAMIN
AND MINERAL WITH 100mg CoQ10

VEGAN • DIETARY SUPPLEMENT

60 TABLETS

Supplement Facts

Serving Size 1 Tablet

	Amount per serving	% Daily Value
Vitamin A (50% retinol acetate and 50% beta carotene)	800mcg	89%
Vitamin C (ascorbic acid)	250mg	278%
Vitamin D (cholecalciferol)	50mcg	250%
Vitamin E (d-alpha tocopherol succinate)	12mg	80%
Vitamin K (menaquinone-7)	100mcg	83%
Thiamin (as thiamine hydrochloride)	50mg	4167%
Riboflavin (riboflavin, riboflavin 5' phosphate)	32mg	2462%
Niacin (niacinamide)	30mg	188%
Vitamin B6 (pyridoxine hydrochloride, pyridoxal 5' phosphate)	32.5mg	1912%
Folate (L-5-methyltetrahydrofolate)	660mcg DFE (400mcg folic acid)	165%
Vitamin B12 (methylcobalamin)	500mcg	20833%
Biotin	300mcg	1000%
Pantothenic Acid (d-calcium pantothenate)	30mg	600%
Calcium	60mg	5%
Iodine (potassium iodide)	150mcg	100%
Zinc (zinc citrate)	20mg	182%
Selenium (l-selenomethionine)	55mcg	100%
Manganese (manganese citrate)	2mg	87%
Chromium (chromium polynicotinate)	200mcg	571%
Molybdenum (sodium molybdate)	75mcg	167%
Co Enzyme Q10 (ubiquinone)	100mg	*
Inositol	25mg	*
Lutein (Marigold Flower Extract)	3mg	*
Boron (sodium borate)	1mg	*

*Daily Value not established.