

PRODUCT INFORMATION

Two tablets typically provide:			%RDA*		%RDA*
Vitamin A (5000iu)	1500µg RE	187		Pantothenic acid (vitamin B5)	50mg 833
Vitamin D (200iu)	5µg	100		Calcium	340mg 43
Vitamin E (90iu)	60.6mg α-TE	505		Iron	10mg 71
Vitamin C	200mg	250		Magnesium	150mg 40
Thiamin (vitamin B1)	50mg	4545		Zinc	10mg 100
Riboflavin (vitamin B2)	50mg	3571		Iodine	30µg 20
Niacin (vitamin B3)	80mg NE	500		Selenium	30µg 55
Vitamin B6	6.6mg	471		Manganese	2.6mg 130
(as pyridoxal-5-phosphate	3.96mg			Molybdenum	30µg 60
and pyridoxine HCl	2.64mg)			Chromium	40µg 100
Folic acid	130µg	65		Vitamin K	80µg 107
Vitamin B12	40µg	1600		Choline	20mg
Biotin	50µg	100		Inositol	20mg

*RDA = Recommended Daily Allowance (new 2009 values)

INGREDIENTS: Natural *Lithothamnion calcarea*, calcium citrate, magnesium citrate, vitamin E (as dl-alpha tocopheryl acetate, bulking agent: microcrystalline cellulose); calcium ascorbate, magnesium oxide, bulking agent/coating: hydroxypropyl methylcellulose; glycerine, colour: sodium copper chlorophyllin; niacin (as nicotinamide), magnesium ascorbate, ferrous gluconate, calcium d-pantothenate, thiamin HCl, riboflavin, anti-caking agent: silicon dioxide; choline bitartrate, flow agent: magnesium stearate*; zinc citrate, inositol, vitamin A acetate (antioxidant: dl-alpha tocopherol; anti-caking agent: tricalcium phosphate); anti-caking agent: stearic acid*; manganese citrate, l-selenomethionine, pyridoxal-5-phosphate, pyridoxine HCl, chromium picolinate, folic acid, copper citrate, phytomenadione, biotin, methylcobalamin, ammonium molybdate, potassium iodide, ergocalciferol. * (vegetarian source)

DOES NOT CONTAIN: salt, soya, wheat, gluten, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

Suitable for vegetarians and vegans. This product is not tested on animals.

Charitable organisations policy: supplements regularly donated

HIGHER NATURE®
PREMIUM NATURALS

ADVANCED NUTRITION COMPLEX

**COMPLETE VITAMIN
& MINERAL FORMULA**

**90 tablets
VEGETARIAN
FOOD SUPPLEMENT**

ADVANCED NUTRITION COMPLEX complete vitamin & mineral formula

90 tablets

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DIRECTIONS: Take 2-3 tablets a day, with meals.
Children: 5-11 years 1 a day, 11-14 years 2 a day, or as
your health professional advises. Do not exceed
recommended daily intake.

Food supplements should not be used as a substitute
for a varied and balanced diet and healthy lifestyle.

Contains vitamin A. Do not take if pregnant, or
planning pregnancy.

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 bottle is 450mg.

This bottle has a UV filter.

Keep out of reach of children. Ensure lid is tight and
store in a cool, dry, steam-free environment as damp
conditions can affect the product quality.



QAN-276-07



HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK