

**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 | Magnesium                     | 150mg 40  |
| Vitamin C                                     | 200mg 250       | Zinc                          | 10mg 100  |
| Thiamin (vitamin B1)                          | 50mg 4545       | Iodine                        | 30µg 20   |
| Riboflavin (vitamin B2)                       | 50mg 3571       | Selenium                      | 30µg 55   |
| Niacin (vitamin B3)                           | 80mg NE 500     | Manganese                     | 2.6mg 130 |
| Vitamin B6                                    | 6.6mg 471       | Chromium                      | 30µg 75   |
| (as pyridoxal-5-phosphate and pyridoxine HCl) | 3.96mg 2.64mg   | Vitamin K                     | 80µg 107  |
| Folic acid                                    | 130µg 65        | Beta Carotene                 | 500µg     |
| Vitamin B12                                   | 10µg 400        | Boron                         | 1mg       |
| Biotin                                        | 50µg 100        | Choline                       | 20mg      |
|                                               |                 | Inositol                      | 20mg      |

\*RDA = Recommended Daily Allowance

**INGREDIENTS:** Natural *Lithothamnion calcarea*; calcium citrate, magnesium citrate, calcium ascorbate, magnesium oxide, vitamin E (as dl-alpha tocopheryl acetate) (anti-caking agent: silicon dioxide), magnesium ascorbate, coating/bulking agent: hydroxypropyl methylcellulose (colour: caramel), glycerine; niacin (as nicotinamide), thiamin hydrochloride, calcium pantothenate, riboflavin, choline bitartrate, zinc citrate, anti-caking agent: magnesium stearate; inositol, anti-caking agent: silicon dioxide; retinyl acetate (anti-caking agent: silicon dioxide; corn oil, antioxidant: dl-alpha tocopherol; emulsifier: sorbitan monostearate; thickening agent: modified corn starch; sucrose); manganese citrate, anti-caking agent: stearic acid; sodium borate, pyridoxal-5-phosphate (pyridoxine hydrochloride); l-selenomethione (anti-caking agent: dicalcium phosphate), beta-carotene (from soya), standardised natural kelp, pyridoxine hydrochloride, chromium picolinate, folic acid, copper citrate, phytomenadione, biotin, cyanocobalamin, ergocalciferol. \*(vegetarian source)

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

**DOES NOT CONTAIN:** wheat, gluten, 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®****IRON FREE**

# MAXI MULTI

## multivitamin & mineral complex

**90 tablets**  
**VEGETARIAN**  
**FOOD SUPPLEMENT**

# MAXI MULTI

## 90 tablets

**multivitamin & mineral complex**

**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.

MUL090

112



MUL-174-08



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.

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