

**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 $\alpha$ -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 and pyridoxine HCl)	3.96mg 2.64mg		Molybdenum	30µg	60
Folic acid	130µg	65	Chromium	40µg	100
Vitamin B12	40µg	1600	Vitamin K	80µg	107
Biotin	50µg	100	Choline	20mg	
			Inositol	20mg	

\*RDA = Recommended Daily Allowance

**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, anti-caking 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

TRIAL  
SIZE

### ADVANCED NUTRITION COMPLEX

COMPLETE MULTIVITAMIN  
& MINERAL FORMULA

6 tablets  
VEGETARIAN  
FOOD SUPPLEMENT

### ADVANCED NUTRITION COMPLEX

✓ Contains 24 important vitamins and minerals.

✓ Great for all the family.

**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 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.



**6 tablets**  
QAN006

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QAN-276-07

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