

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

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

QAN006

- ✓ 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

QAN-276-07



HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK
www.highernature.com