

PRODUCT INFORMATION

Two tablets typically provide:

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 calcareum*, calcium citrate, magnesium citrate, calcium ascorbate, magnesium oxide, dl-alpha tocopheryl acetate (anti-caking agent: silicon dioxide); magnesium ascorbate, coating: hydroxypropyl methylcellulose, glycerine, colour: sodium copper chlorophyllin; ferrous gluconate, niacin (as nicotinamide), thiamin HCl, calcium d-pantothenate, riboflavin, choline bitartrate, anti-caking agent: silicon dioxide; zinc citrate, anti-caking agent: magnesium stearate*; inositol, retinyl acetate (antioxidant: dl-alpha tocopherol; anti-caking agent: silicon dioxide; emulsifier: sorbitan monostearate); manganese citrate, anti-caking agent: stearic acid*; pyridoxal-5-phosphate, l-selenomethionine (anti-caking agent: dicalcium 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, 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 MULTIVITAMIN
& MINERAL FORMULA

60 tablets
VEGETARIAN
FOOD SUPPLEMENT

ADVANCED NUTRITION COMPLEX

60 tablets

✓ 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 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 300mg.

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Jar



PET

Lid



PP

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.

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