

**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      |                                   |           |
| and pyridoxine HCl        | 2.64mg)     |                                   |           |
| 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, 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

TRIAL  
SIZE

## ADVANCED NUTRITION COMPLEX

### COMPLETE MULTIVITAMIN & MINERAL FORMULA

6 tablets  
VEGETARIAN  
FOOD SUPPLEMENT

## ADVANCED NUTRITION COMPLEX

6 tablets  
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.



QAN-276-08

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