

## 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, 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

90 tablets  
VEGETARIAN  
FOOD SUPPLEMENT

## ADVANCED NUTRITION COMPLEX

90 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 450mg.

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  
www.highernature.com

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