

PRODUCT INFORMATION

Two tablets typically provide:

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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

180 tablets
VEGETARIAN
FOOD SUPPLEMENT

ADVANCED NUTRITION COMPLEX

180 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 900mg

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QAN-276-08

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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