

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	Magnesium	150mg 40
Vitamin C	200mg 250	Zinc	10mg 100
Thiamin (vitamin B1)	50mg 4545	Iodine	30µg 20
Riboflavin (vitamin B2)	50mg 3571	Selenium	30µg 55
Niacin (vitamin B3)	80mg NE 500	Manganese	2.6mg 130
Vitamin B6	6.6mg 471	Chromium	30µg 75
(as pyridoxal-5-phosphate	3.96mg	Vitamin K	80µg 107
and pyridoxine HCl	2.64mg)	Beta Carotene	500µg
Folic acid	130µg 65	Boron	1mg
Vitamin B12	10µg 400	Choline	20mg
Biotin	50µg 100	Inositol	20mg

*RDA = Recommended Daily Allowance

INGREDIENTS: Natural *Lithothamnion calcarea*; calcium citrate, magnesium citrate, calcium ascorbate, magnesium oxide, vitamin E (as dl-alpha tocopheryl acetate) (anti-caking agent: silicon dioxide), magnesium ascorbate, coating/bulking agent: hydroxypropyl methylcellulose (colour: caramel), glycerine; niacin (as nicotinamide), thiamin hydrochloride, calcium pantothenate, riboflavin, choline bitartrate, zinc citrate, anti-caking agent: magnesium stearate*; inositol, anti-caking agent: silicon dioxide; retinyl acetate (anti-caking agent: silicon dioxide; corn oil, antioxidant: dl-alpha tocopherol; emulsifier: sorbitan monostearate; thickening agent: modified corn starch; sucrose); manganese citrate, anti-caking agent: stearic acid*; sodium borate, pyridoxal-5-phosphate (pyridoxine hydrochloride); l-selenomethione (anti-caking agent: dicalcium phosphate), beta-carotene (from soya), standardised natural kelp, pyridoxine hydrochloride, chromium picolinate, folic acid, copper citrate, phytomenadione, biotin, cyanocobalamin, ergocalciferol. *(vegetarian source)

May not be suitable for people with a fish or crustacean allergy.

DOES NOT CONTAIN: 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®****IRON FREE**

MAXI MULTI

multivitamin & mineral complex

90 tablets
VEGAN
FOOD SUPPLEMENT

MAXI MULTI

90 tablets

multivitamin & mineral complex

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.

MUL090

113



MUL-174-08



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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