

higher nature®



**NO ARTIFICIAL
SWEETENERS**

MULTI
VITS & MINERALS

20
effervescent
tablets

FOOD SUPPLEMENT

MULTI VITS & MINERALS

✓ With 22 vitamins & minerals.

Natural raspberry with sugars (fructose, glucose, sucrose) and sweetener (stevia).

PRODUCT INFORMATION:

One tablet typically provides:

	%RDA*		%RDA*
Vitamin D3 (100iu)	2.5µg 50	Biotin	25µg 50
Vitamin E (45iu)	30mg α-TE 250	Pantothenic Acid	
Vitamin K1	40µg 53	(Vitamin B5)	25mg 417
Vitamin C	100mg 125	Calcium	200mg 25
Thiamin		Magnesium	100mg 27
(Vitamin B1)	12.5mg 1136	Iron	5mg 36
Riboflavin		Zinc	7.5mg 75
(Vitamin B2)	12.5mg 893	Manganese	2mg 100
Niacin		Selenium	15µg 27
(Vitamin B3)	25mg NE 156	Chromium	15µg 38
Vitamin B6	5mg 357	Molybdenum	15µg 30
Folic Acid	100µg 50	Iodine	30µg 20
(Vitamin B12)	5µg 200	Beta-Carotene	400µg

*RDA = Recommended Daily Allowance

INGREDIENTS: Acidity regulator: citric acid; fructose, calcium carbonate, magnesium carbonate, sodium bicarbonate, L-ascorbic acid, dl-alpha tocopheryl acetate (emulsifier: acacia gum; thickener: modified tapioca starch); colour: beetroot powder (potato maltodextrin, acidity regulator: citric acid); flavour: raspberry (potato maltodextrin, emulsifier: acacia gum; humectant: triacetin; antioxidant: lactic acid; emulsifier: propylene glycol alginate); ferrous gluconate, d-calcium pantothenate, nicotinamide, sweetener: steviol glycosides; riboflavin 5-phosphate sodium, manganese gluconate, thiamin hydrochloride, zinc oxide, chromium trichloride, pyridoxine hydrochloride, cyanocobalamin, beta-carotene (thickener: modified food starch; stabiliser: glucose syrup; antioxidant: dl-alpha tocopherol; anti-caking agent: tricalcium phosphate); phytylmenadione (stabiliser: glucose syrup; emulsifier: acacia gum; anti-caking agent: tricalcium phosphate); potassium iodide, sodium molybdate, d-biotin, sodium selenate, cholecalciferol (antioxidant: dl-alpha tocopherol; emulsifier: acacia gum; stabiliser: sugar; anti-caking agent: tricalcium phosphate); copper gluconate, folic acid.

Suitable for vegetarians.

DOES NOT CONTAIN:

Artificial colours, flavourings, preservatives, acesulfame K, aspartame, saccharine or sucralose, dairy products, gluten, lactose, soya, yeast.

DIRECTIONS: Adults and children over 13 years, take 1 tablet a day or as your health professional advises. Add to water; dissolves gently. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle. Store in a cool, dry, steam-free environment out of the reach of children.

Best before end: see base



FIM-251-03

