

PRODUCT INFORMATION

Two tablets typically provide:

	%RDA*	Biotin	50µg	100
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 K	80µg	107	Iron	10mg 71
Vitamin C	200mg	250	Zinc	10mg 100
Thiamin (vitamin B1)	50mg	4545	Manganese	2.6mg 130
Riboflavin (vitamin B2)	50mg	3571	Selenium	30µg 55
Niacin (vitamin B3)	80mg NE	500	Chromium	40µg 100
Vitamin B6	6.6mg	471	Molybdenum	30µg 60
(as pyridoxal-5-phosphate	3.96mg		Iodine	30µg 20
and pyridoxine HCl	2.64mg)		Choline	20mg
Folic acid	130µg	65	Inositol	20mg
Vitamin B12	40µg	1600		

*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.

HIGHER NATURE®
PREMIUM NATURALS

ADVANCED NUTRITION COMPLEX

COMPLETE MULTIVITAMIN
& MINERAL FORMULA

30 tablets
VEGAN
FOOD SUPPLEMENT

ADVANCED NUTRITION COMPLEX

30 tablets
QAN030

✓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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