

PRODUCT INFORMATION:

Two tablets typically provide:

	%RDA*		%RDA*
Vitamin A (5000iu)	187	Biotin	50µg 100
Vitamin D (200iu)	100	Pantothenic acid (vitamin B5)	50mg 833
Vitamin E (90iu)	505	Calcium	340mg 43
Vitamin K	107	Magnesium	150mg 40
Vitamin C	250	Iron	10mg 71
Thiamin (vitamin B1)	4545	Zinc	10mg 100
Riboflavin (vitamin B2)	3571	Manganese	2.6mg 130
Niacin (vitamin B3)	500	Selenium	30µg 55
Vitamin B6	471	Chromium	40µg 100
(as pyridoxal-5-phosphate)		Molybdenum	30µg 60
and pyridoxine HCl		Iodine	30µg 20
Folic acid	65	Choline	20mg
Vitamin B12	1600	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:

Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, soya, wheat. Suitable for vegetarians and vegans. This product is not tested on animals.

higher nature

ADVANCED NUTRITION COMPLEX COMPLETE MULTIVITS & MINERALS

ULTIMATE NUTRITION

FOOD SUPPLEMENT

30
tablets

ADVANCED NUTRITION COMPLEX

- ✓Contains 24 vitamins & minerals.
- ✓Great for all the family.

QAN030
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DIRECTIONS:

Adults and children over 15 years take 2-3 tablets a day, children 11-14 years take 2 a day, children 5-10 years take 1 a day, with meals, 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.

WARNING:

Contains vitamin A. Do not take if pregnant, or planning pregnancy. B vitamins may turn urine bright yellow - this is normal.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.



QAN-276-08



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