

PRODUCT INFORMATION:

Two tablets typically provide:		%NRV*		%NRV*
Vitamin A (5000iu)	1500µg RE	187	Biotin	50µg 100
Vitamin D (200iu)	5µg	100	Pantothenic acid (vitamin B5)	50mg 833
Vitamin E (90iu)	60.6mg α-TE	505	Calcium	340mg 43
Vitamin K	80µg	107	Magnesium	150mg 40
Vitamin C	200mg	250	Iron	10mg 71
Thiamin (vitamin B1)	50mg	4545	Zinc	10mg 100
Riboflavin (vitamin B2)	50mg	3571	Manganese	2.6mg 130
Niacin (vitamin B3)	80mg NE	500	Selenium	30µg 55
Vitamin B6	6.6mg	471	Chromium	40µg 100
(as pyridoxal-5-phosphate and pyridoxine HCl)	3.96mg 2.64mg		Molybdenum	30µg 60
Folic acid	130µg	65	Iodine	30µg 20
Vitamin B12	40µg	1600	Choline	20mg
			Inositol	20mg

*NRV= Nutrient Reference Value

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

QAN030
117

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

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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