

PRODUCT INFORMATION

Two tablets typically provide:

	%RDA*		%RDA*
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	3.96mg	Molybdenum	30µg 60
and pyridoxine HCl	2.64mg)	Iodine	30µg 20
Folic acid	130µg 65	Choline	20mg
Vitamin B12	40µg 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, phytonadione, 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

90 tablets

VEGAN

FOOD SUPPLEMENT

ADVANCED NUTRITION COMPLEX

90 tablets

- ✓ 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 product contains iron, which, if taken in excess, may be harmful to very young children. Keep out of sight and reach.

Total content of iron per bottle is 450mg.

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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