PRODUCT INFORMAT	ION	%RDA			
Two tablets typically pro	ovide:	%RDA*	Biotin	50µg	100
Vitamin A (5000iu)	1500µg RE	187	Pantothenic acid (vitami		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		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		lodine	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 tocopheroi: 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.



ADVANCED NUTRITION COMPLEX



ADVANCED NUTRITION COMPLEX

180 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.

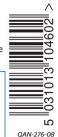
Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Contains vitamin A. Do not take if pregnant, or planning pregnancy.

B vitamins may turn urine bright yellow - this is

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 900mg.



OAN180

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.



HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK www.highernature.com