

PRODUCT INFORMATION

Two tablets typically provide:		%RDA*	
Vitamin A (5000iu)	1500µg RE	187	100
Vitamin D (200iu)	5µg	100	833
Vitamin E (90iu)	60.6mg α-TE	505	43
Vitamin K	80µg	107	40
Vitamin C	200mg	250	71
Thiamin (vitamin B1)	50mg	4545	100
Riboflavin (vitamin B2)	50mg	3571	130
Niacin (vitamin B3)	80mg NE	500	55
Vitamin B6	6.6mg	471	100
(as pyridoxal-5-phosphate	3.96mg		60
and pyridoxine HCl	2.64mg		20
Folic acid	130µg	65	
Vitamin B12	40µg	1600	

*RDA = Recommended Daily Allowance

INGREDIENTS: Natural *Lithothamnion calcareum*, 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

180 tablets
VEGAN
FOOD SUPPLEMENT

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 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 900mg.



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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