

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, 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

180
tablets

ADVANCED NUTRITION COMPLEX

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

QAN180
114

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.

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

STORAGE:

Store in a cool, dry, steam free environment.



QAN-276-08



Higher Nature, Burwash Common, East Sussex,
TN19 7LX, UK www.highernature.com