

100% RDA

Multivitamins

Providing 100% RDA of Vitamins A, B, C, D & E

**360 Tablets**

Product Information

It is increasingly difficult to obtain vital nutrients from the food we eat, therefore a daily multivitamin in conjunction with a balanced diet may offer an easy and convenient way of ensuring your body is getting the nutrients it needs to maintain good health.

Ingredients - Each Tablet Contains:

Vitamin C 80mg (100% RDA) provided by Ascorbic Acid, Vitamin E (dl-alpha-Tocopheryl Acetate) 12mg (100% RDA), Vitamin B3 (Nicotinamide) 16mg (100% RDA), Vitamin A 800mcg (100% RDA), Vitamin D3 (Cholecalciferol) 5mcg (100% RDA), Vitamin B1 (Thiamin Hydrochloride) 1.1mg (100% RDA), Vitamin B2 (Riboflavin) 1.4mg (100% RDA). Other Ingredients: Microcrystalline Cellulose, Silica, Magnesium Stearate.

Suggested Daily Intake

Take one to two tablets daily as a food supplement or as directed by a healthcare professional.

Important Information

If you are taking any prescription medication, you have a medical condition or you have specific concerns about the suitability of our products, always consult your GP or Pharmacist prior to taking supplements. Do not exceed stated dose. Store in a cool dry place. Keep away from children at all times. Do not use if seal is broken. Pregnant or lactating women should consult a Doctor before using this product. Suitable for Vegetarians. Image is for illustration purposes only. Food supplement: This product should not be used as a substitute for a varied diet.

AutoDespatch

SAVE 10% and get FREE P&P on all repeat orders by having your favourite supplements conveniently scheduled and delivered automatically with our unique AutoDespatch system.

Same Day Despatch

We will ensure your order is despatched on the day of receipt (when placed before 12.30pm) and that all orders placed after 12.30pm are despatched on the next working day. All sent 1st class!

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