

Includes the sense promise (SP):

A high quality multivitamin complex comprised of 100% naturally found ingredients to help the body deal with 'day to day' pressures. It provides more than 50% of your recommended Essential Vitamins and Minerals.

BEST BEFORE END:

BATCH No:



Food Supplement designed to enhance the body's response to alcohol



sense

a natural multivitamin
blend for people who
enjoy a drink

10 capsules

- Reduces tiredness and fatigue*
- Balances energy metabolism*
- Contributes to electrolyte balance and rehydration*

Directions for use: there are 2 different ways to take **sense** for a night out:

For daily routine: take 1 capsule 2-3 times daily with food.

On a 'night out': take up to 4 capsules before drinking and top-up during the 'night out' or when you get home so that you take a total of one capsule per drink, subject to maximum daily dosage of 10 capsules.

Don't panic: take them all when you get home if it's the best that you can do.

If in doubt: take more rather than less to get best results.

Active Ingredients per:	2 capsules	% RDA	SP	% RDA
Vitamin D3	2.5 µg	50 %	2.5 µg	50 %
Vitamin C **	540 mg	675 %	40 mg	50 %
Vitamin B1 *	24 mg	2,181 %	0.55 mg	50 %
Vitamin B2 **	4 mg	285 %	0.7 mg	50 %
Niacin **	28 mg	175 %	8 mg	50 %
Vitamin B6 **	4 mg	285 %	0.7 mg	50 %
Folic acid *	100 µg	50 %	100 µg	50 %
Vitamin B12 *	60 µg	2,400 %	1.25 µg	50 %
Biotin *	40 µg	80 %	25 µg	50 %
Pantothenic acid **	30 mg	500 %	3 mg	50 %
Chloride *	60 mg	7.5 %		
Magnesium **	56.25 mg	15 %	56.25 mg	15 %
Iron *	2.1 mg	15 %	2.1 mg	15 %
Zinc *	5 mg	50 %	5 mg	50 %
Copper *	0.5 mg	50 %	0.5 mg	50 %
Manganese	1 mg	50 %	1 mg	50 %
Chromium *	20 µg	50 %	20 µg	50 %
Selenium	40 µg	72 %	27.5 µg	50 %
Alpha Lipoic acid	24 mg	*		
Amino acid complex		*		

RDA = Recommended Daily Allowance. * RDA not yet established.
Energy, fat, carbohydrate, protein negligible.

SP = sense promise multivitamin complex

♦♦▲ denote vitamins and minerals that give the health claims.
Net capsule content weight 582 mg.

**No artificial flavours or sweeteners, no preservatives.
No milk, no lactose, no soya, no gluten, no wheat, no fish, no porcine.**

Ingredients: Vitamin C (ascorbic acid), Amino acid complex (L-cysteine, N-acetyl cysteine, L-reduced glutathione), Chloride (potassium chloride), Magnesium (magnesium oxide), Pantothenic acid (calcium pantothenate), Niacin (nicotinamide), Vitamin B1 (thiamine HCL), Alpha Lipoic acid, Iron (ferrous fumarate), Zinc (zinc oxide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Manganese (manganese sulphate), Copper (cupric sulphate), Vitamin D3 (cholecalciferol), Chromium (chromium chloride), Folic acid, Selenium (sodium selenite), Vitamin B12 (cyanocobalamin), Biotin, Capsule Shell (hypromellose, water, carrageenan, potassium acetate).

Warnings and Cautions:

Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are hypersensitive to vitamins, pregnant, breastfeeding, under medical supervision or taking any medication please consult a doctor before use. Always read the leaflet. **Do not exceed maximum number of 10 capsules per day.** **Maximum dosage is not intended for daily consumption.** **Do not take maximum dosage more than once in a period of seven days.**

**KEEP OUT OF REACH OF CHILDREN
STORE IN A COOL DRY PLACE**

Carefully manufactured in the UK using GMP quality standards by **sense products limited**

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www.senseproducts.co.uk