

# MULTI-VITAMIN – ORANGE

Superior vitamin and mineral complex

**DIRECTIONS:** Take 1 serving per day. For each serving add the contents of one sachet to a glass, add 200 – 250ml of chilled water and stir vigorously until thoroughly mixed.

**WARNINGS:** 1) Keep out of reach of children. 2) Use as a supplement to a balanced and varied diet. 3) Do not exceed recommended daily dose. 4) Pregnant women should not consume more than 800µg of retinol (pre-formed vitamin A) per day. 5) This product contains Vitamin B2, which may produce a brighter and more intense urine colour; this is normal and harmless.

## **NUTRITION FACTS**

|                            |        | Amount Per Serving | % RDA* |
|----------------------------|--------|--------------------|--------|
| ENERGY                     | (kJ)   | 113.5              |        |
|                            | (kcal) | 26.7               |        |
| Protein (g)                |        | 0.3                |        |
| Total Carbohydrate (g)     |        | 6.5                |        |
| Available Carbohydrate (g) |        | 6.3                |        |
| of which sugars (g)        |        | 3.4                |        |
| Fat (g)                    |        | 0.1                |        |
| of which saturates (g)     |        | 0.0                |        |
| Fibre (g)                  |        | 0.3                |        |
| Sodium (g)                 |        | 0.1                |        |

## **VITAMINS & CO-FACTORS**

|  |         |        |
|--|---------|--------|
| Vitamin A (as acetate and Caromin® natural mixed carotenoids)      | 775 µg  | 97%    |
| Retinol  | 400 µg  |        |
| Beta-carotene  | 2 mg    |        |
| Alpha-carotene   | 1 mg    |        |
| Gamma-carotene   | 40 µg   |        |
| Other Carotenoids  | 60 µg   |        |
| Vitamin C (as ESTER-C® EG)   | 250 mg  | 417%   |
| Vitamin D (as cholecalciferol)                                     | 25 µg   | 2,500% |
| Vitamin E (as natural mixed tocopherols and Tocomin® tocotrienols) | 20 mg   | 200%   |
| Gamma Tocopherol   | 10.4 mg |        |
| Alpha Tocopherol   | 8.3 mg  |        |
| Delta Tocopherol   | 1.0 mg  |        |
| Beta Tocopherol  | 76 µg   |        |
| Gamma Tocotrienol  | 76 µg   |        |
| Alpha Tocotrienol  | 45 µg   |        |
| Delta Tocotrienol  | 20 µg   |        |
| Beta Tocotrienol   | 6 µg    |        |
| Vitamin K (as phytonadione)  | 90 µg   |        |
| Thiamin (B1) (as thiamine HCl)                                     | 25 mg   | 1,786% |
| Riboflavin (B2) (with 1 mg coenzyme B2)                            | 12.5 mg | 208%   |
| Niacin (B3) (as niacin and niacinamide)                            | 50 mg   | 625%   |
| Vitamin B6 (with 2mg coenzyme B6)                                  | 25 mg   | 1,250% |
| Folacin (B9) (as folic acid)                                       | 500 µg  | 167%   |
| Vitamin B12 (as methylcobalamin)                                   | 100 µg  | 5,000% |
| Biotin   | 300 µg  | 200%   |
| Pantothenic Acid (B5)  | 60 mg   | 1000%  |

|  |         |
|--|---------|
| Inositol                               | 50 mg   |
| PABA ( <i>para-aminobenzoic acid</i> ) | 25 mg   |
| TMG ( <i>trimethylglycine</i> )        | 25 mg   |
| Choline ( <i>as citrate</i> )          | 12.5 mg |

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#### MINFRAIS

|   |        |      |
|---|--------|------|
| Calcium ( <i>as citrate and ascorbate</i> ) | 100 mg | 13%  |
| Magnesium ( <i>as citrate</i> )             | 100 mg | 33%  |
| Iodine ( <i>as potassium iodide</i> )       | 150 µg | 100% |
| Zinc ( <i>as monomethionine</i> )           | 15 mg  | 100% |
| Selenium ( <i>as L-selenomethionine</i> )   | 150 µg |      |
| Copper ( <i>as citrate</i> )                | 1.5 mg |      |
| Manganese ( <i>as amino acid chelate</i> )  | 3 mg   |      |
| Chromium ( <i>as polynicotinate</i> )       | 50 µg  |      |
| Molybdenum ( <i>as citrate</i> )            | 30 µg  |      |
| Potassium ( <i>as citrate</i> )             | 25 mg  |      |
| Boron ( <i>as citrate</i> )                 | 150 µg |      |
| Vanadium ( <i>as BMOV</i> )                 | 50 µg  |      |

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#### ABSORPTION ENHANCER

|                                 |         |
|---------------------------------|---------|
| Bioperine® Black Pepper Extract | 1.25 mg |
|---------------------------------|---------|

\*RDA = Recommended Daily Allowance

**INGREDIENTS:** Fructose, Natural Preservatives (Citric Acid, Malic Acid), Magnesium Citrate, Calcium Citrate, Sodium Bicarbonate, Calcium Ascorbate, Natural Flavourings, Maltodextrin, Natural Mixed Carotenoids, Zinc Monomethionine, Natural Mixed Tocopherols and Tocotrienols, Calcium D-Pantothenate, Potassium Citrate, Inositol, Choline Citrate, Thiamin Hydrochloride, Pyridoxine Hydrochloride, Sodium Cyclamate, L-Selenomethionine, Manganese Amino Acid Chelate, Niacinamide, Niacin, PABA, Betaine Anhydrous, Acesulfame Potassium, Copper Citrate, Molybdenum Citrate, Riboflavin, Sucralose, Cholecalciferol, Retinyl Acetate, Potassium Iodide, Boron Citrate, Phytonadione, Pyridoxal 5'-Phosphate, Black Pepper Extract, Riboflavin 5'-Phosphate, Folic Acid, Chromium Polynicotinate, D-Biotin, Bis-Maltolato-Oxovanadium and Methylcobalamin.

#### CHECK LIST:

- No artificial colourings
- No artificial flavourings
- No artificial flavour enhancers
- No artificial preservatives
- No Aspartame or Saccharin
- Sucrose free
- Lactose free
- Dairy free
- Egg free
- Wheat free
- Gluten free
- Suitable for vegetarians
- Suitable for pregnant women
- Suitable for diabetics
- Suitable for children
- Non GM

## SUPERIOR FORMULA:

- Complete 'A – Z' complex
- All-natural active ingredients
- Bioactive vitamins
- Organic minerals
- Full spectrum carotenoids
- Esterified vitamin C (Ester-C®)
- Full spectrum vitamin E
- Patented absorption enhancer
- Great tasting!

## DID YOU KNOW?

- Over the last 50 years, mineral levels within fruits and vegetables in the UK have declined by up to 70%.
- Dietary surveys show that large sectors of the population are deficient in particular vitamins (e.g. C, D, K) or minerals (e.g. selenium, zinc, magnesium).
- Vitamin and mineral forms vary in their ability to be absorbed by the body.
- Multi-Vitamin contains only natural, easily absorbed forms of vitamins and minerals.
- Recommended Daily Allowances (RDAs) are minimum levels of particular nutrients required for the prevention of certain vitamin deficiency diseases such as scurvy, pellagra, beri beri and rickets.
- RDAs do not reflect the dosages required for optimum nutrition, which can vary considerably between individuals.
- Multi-Vitamin contains Bioperine<sup>®</sup>, a patented, clinically proven extract of black pepper that significantly increases the absorption of other nutrients.