

MULTI-VITAMIN – TROPICAL

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)	114.2	
	(kcal)	26.9	
Protein (g)		0.3	
Total Carbohydrate (g)		6.6	
Available Carbohydrate (g)		6.3	
of which sugars (g)		3.6	
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 1mg 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

MINERALS

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	

ABSORPTION ENHANCER

Bioperine® Black Pepper Extract	1.25 mg
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*RDA = Recommended Daily Allowance

INGREDIENTS: Fructose, Natural Preservatives (Citric Acid, Malic Acid), Magnesium Citrate, Calcium Citrate, Sodium Bicarbonate, Calcium Ascorbate, Natural Flavourings, Maltodextrin, Natural Colouring (Beetroot Powder), 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[®], a patented, clinically proven extract of black pepper that significantly increases the absorption of other nutrients.