

MY WELLNESS BOX

Multivitamins and Minerals +
30 Capsules. Food Supplement



Product Information

Directions: one capsule daily as a food supplement or as directed by your healthcare professional

Ingredients: One capsule provides:

		% NRV			% NRV
Vitamin A	800µg RE	100%	Organic Turmeric powder	60mg	-
Vitamin D3	12µg	240%	Siberian Ginseng	60mg	-
Vitamin E	12mg α-TE	100%	Calcium	120mg	15%
Vitamin K1	75µg	100%	Magnesium	50mg	13%
Vitamin C	80mg	100%	Iron	7mg	50%
Thiamine HCL (Vitamin B1)	3mg	273%	Zinc	10mg	100%
Riboflavin (Vitamin B2)	3mg	214%	Copper	1000µg	100%
Niacin	20mg NE	125%	Manganese	2mg	100%
Vitamin B6	3mg	214%	Selenium	55µg	100%
Folic Acid	200µg	100%	Chromium	40µg	100%
Vitamin B12	12µg	480%	Molybdenum	50µg	100%
Biotin	100µg	200%	Iodine	150µg	100%
Pantothenic Acid	10mg	167%			

Capsule Shell: Vegetable Cellulose (hydroxypropyl methylcellulose)

*Nutrient Reference Values

Ingredients: Calcium (Carbonate), Capsule Shell: Vegetable Cellulose (hydroxypropyl methylcellulose), Vitamin C (Calcium Ascorbate), Magnesium (Oxide), Zinc (Gluconate, Organic Turmeric, Siberian Ginseng, Iron (Gluconate), Niacin (Nicotinamide (Vitamin B3)) [NE], Manganese (Gluconate), Vitamin E (D-Alpha Tocopherol Succinate) [α-TE], Selenium (Methionine), Pantothenic Acid (Calcium Pantothenate (Vitamin B5)), Vitamin A (retinyl acetate) [RE], Copper (Gluconate), Vitamin D3 (Cholecalciferol), Vitamin B6 (Pyridoxine HCL), Thiamine HCL (Vitamin B1), Riboflavin (Vitamin B2), Vitamin K1, Chromium (Picolinate), Folicin (Folic Acid), Iodine (Potassium Iodide), Biotin, Molybdenum (Ammonium Molybdate), Vitamin B12 (Cyanocobalamin)

Purity: Contains No gluten, wheat, lactose, preservatives, artificial colouring, added sugars, excipients.

Suitable for Vegetarians

Made with ♥ in the UK

Store in a cool dry place. Keep out of the reach of young children. Do not exceed stated dose unless recommended by your healthcare professional. This is a food supplement. Not to be used as a substitute for a varied diet and healthy lifestyle. If you are under medical supervision, please consult a doctor before use. Women who are pregnant should consult their practitioner before taking food supplements. For best before and batch number, see base of tin. Suitable for Vegetarians.