

Ingredients

Code S145

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

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Multivitamins 100% RDA



180 tablets

Directions

Take one tablet daily preferably with a meal or as directed by a healthcare professional. Do not exceed stated dose. Store in a cool dry place. Keep away from children at all times.

Do not take this product if you are Pregnant or likely to become Pregnant. Pregnant women should not supplement with more than 800µg (2'664 i.u) preformed Vitamin A daily except on advice of a doctor or Antenatal Clinic.

Food Supplement: This product should not be used as a substitute for a varied diet.

Caution: If under medical supervision please consult a doctor before use. Discontinue use if adverse reactions occur.

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