

Ingredients

Calcium 400mg (50% RDA), Magnesium 189mg (50% RDA), Microcrystalline Cellulose, Vitamin C 60mg (75% RDA), Alpha Lipoic Acid 25mg, Silica, Vitamin B3 18mg (112.5% RDA), Zinc 15mg (150% RDA), Iron 14mg (100% RDA), Citrus Bioflavonoids 10.5mg, Cranberry Fruit Extract 10mg (25:1 equivalent to 250mg), Vitamin E 10mg (83.3% RDA), Green Tea Extract 10mg (90% Polyphenols), Vitamin B5 6mg (100% RDA), Magnesium Stearate, Vitamin B6 2mg (142% RDA), Copper 2mg (200% RDA), Manganese 2mg (100% RDA), Stearic Acid, Vitamin B2 1.6mg (114% RDA), Vitamin B1 1.4mg (127% RDA), Lutein 950mcg, Vitamin A 800mcg (100% RDA), Folic Acid 200mcg (100% RDA), Iodide 150mcg (100% RDA), D-Biotin 150mcg (300% RDA), Chromium 120mcg (300% RDA), Molybdenum 75mcg (150% RDA), Selenium 50mcg (90% RDA), Vitamin K2 8mcg (10% RDA), Vitamin D3 5mcg (100% RDA), Vitamin B12 1mcg (40% RDA).



SimplyBest™

VitaFem Plus™

Multivitamins specifically designed for the female body

180 tablets



Unprecedented quality and purity

Directions

For adults, take one tablet daily as a food supplement 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.

Pregnant or Lactating women should consult a Doctor before using this product.

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.

PO Box 204, Guernsey, GY1 3NB
Freephone Orderline: 0800 988 0292
www.simplysupplements.co.uk



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