



VITAMINS & SUPPLEMENTS

Multi Vitamin & Minerals - OAD

Micronutrient (vitamins and minerals) dense tablet formulated to support a balanced and varied diet and healthy lifestyle. Micronutrients play an important role in all bodily function, growth and development. Multi Vitamin & Mineral provides a range of vitamins including Vitamins A, C and D which help support immune system function, Vitamin E which contributes to the protection of cells from oxidative stress together with B Vitamins including Thiamin, Riboflavin and Niacin which help release energy and Folic Acid, Pantothenic Acid and Vitamin B12 which help reduce tiredness and fatigue. Plus minerals such as Iron which plays a role in the normal formation of haemoglobin, Zinc to help maintain normal skin, hair and nails and Manganese to help support normal bones. Suitable for use by children over 12, adults, the elderly and infirm.



Code	Product	Strength	Type	Unit Size	Case Size
VP354	Multi Vitamin & Minerals	OAD	Tablets	25's	1 x 6

Each tablet provides:			Each tablet provides:		
		% NRV*			% NRV*
Vitamin A	800µg RE	100	Pantothenic Acid	6mg	100
Vitamin D	5µg	100	Calcium	50mg	6.25
Vitamin E	12mg α-TE	100	Phosphorous	38.5mg	5.5
Vitamin C	80mg	100	Magnesium	16.5mg	4.4
Thiamin	1.1mg	100	Iron	14mg	100
Riboflavin	1.4mg	100	Zinc	10mg	100
Niacin	16mg NE	100	Copper	1000µg	100
Vitamin B6	1.4mg	100	Manganese	2mg	100
Folic Acid	200µg	100	Iodine	450µg	300
Vitamin B12	2.5µg	100			

*Nutrient Reference Value



Free from sugar, gluten, yeast, artificial flavours, colours and preservatives.