

WHOLEFOOD MULTI

Multivitamin & mineral

P310



A Wholefood multivitamin and mineral supplement providing excellent levels of all the important nutrients including antioxidants, vitamin D3 and GTF chromium. This product is ideally suited to men and post-menopausal women and offers a high level of protection for busy lives.

- Includes minerals hydroponically grown into a cruciferous vegetable providing a natural, plant-based source of minerals (with higher levels of minerals than would normally be present in the foods we eat).
- This supplement also has excellent levels of all the important nutrients including antioxidants, beta carotene, vitamins C, D3, E and GTF chromium (this is a particularly bio-effective form of GTF chromium, which helps support blood glucose imbalances).
- The methylated forms of folic acid and vitamin B12 are included as well as the active form of vitamin B6 (P-5-P).
- Vitamin K is included as vitamin K2, the form that regulates calcium deposition; it promotes the calcification of bones rather than soft tissue. We use MK-7 (menaquinone) - the most bio-effective form of vitamin K2.
- Contains vitamin D3 (the bio-effective active form of vitamin D).
- The vegetable and fruit base contains carrot, spirulina, alfalfa, artichoke leaf, beetroot, acai berry, and acerola providing extra phytonutrients.

Product Information:

60 capsules = 30-60 days supply

Permitted Health Claims:

Please refer to pages 46-53

Suitable for:

Men and post-menopausal women

Form:

Capsule



Wholefood Multi

2 capsules provide on average:

| Active Nutrient | Strength | %NRV+ |
|----------------------------------|----------|-------|
| Beta Carotene | 3mg | * |
| Vitamin D | 40µg | 800 |
| Vitamin E | 30mg | 250 |
| Vitamin C | 200mg | 250 |
| Thiamin (B1) | 20mg | 1818 |
| Riboflavin (B2) | 20mg | 1429 |
| Niacin (B3) | 16mg | 100 |
| Pantothenic acid (B5) | 50mg | 833 |
| Vitamin B6 (as P-5-P) | 10mg | 714 |
| Folic Acid (as 5-MTHF) | 200µg | 100 |
| Vitamin B12 (as methylcobalamin) | 110µg | 4400 |
| Biotin | 14µg | 28 |
| Vitamin K2 | 60µg | 80 |
| Iron | 2mg | 14 |
| Magnesium | 30mg | 8 |
| Zinc | 10mg | 100 |
| Iodine | 150µg | 100 |
| Boron | 0.5mg | * |
| Copper | 1mg | 100 |
| Manganese | 1mg | 50 |
| Selenium | 150µg | 273 |
| Chromium | 160µg | 400 |
| Molybdenum | 20µg | 40 |

+NRV = Nutrient Reference Value
* Indicates no NRV

Ingredients: Hydroponically grown cruciferous vegetable powder providing: zinc (as citrate), iron, manganese, copper, selenium, chromium and molybdenum. Fruit & vegetable powder blend: carrot, spirulina, alfalfa, artichoke leaf, beetroot, acai berry, acerola. Vitamin C (as ascorbic acid), magnesium (as citrate), vitamin K2 complex (MK-7), vitamin B5 (as calcium D-pantothenate), vitamin E (as succinate), iodine (from kelp extract 10:1), vitamin B6 (as pyridoxal-5-phosphate), beta carotene (from *Dunaliella salina*) (tocopherols, vegetable oil, sodium ascorbate, sodium octenyl succinate from corn starch, maltodextrin), vitamin B1 (as thiamin HCl), vitamin B2 (as riboflavin), vitamin B3 (as nicotinamide), vitamin D3 (cholecalciferol) (maltodextrin, corn starch, silicon dioxide, ascorbyl palmitate), vitamin B12 (as methylcobalamin), boron, folic acid (as 5-methyltetrahydrofolate), biotin, hydroxypropyl methylcellulose (capsule shell).

Suggested Intake: 1-2 capsules daily as a food supplement, with food, or as directed by a practitioner.

Allergen Advice: None.

Contraindications: None.

Storage: Keep cool, dry & out of direct sunlight.

