

Product Information



Daily Intake

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Take 2 tablets daily.

Do not exceed recommended daily dose.

Use only water or fruit juice to swallow tablets. Not milk or any other protein drink. For best results swallow tablets whole, half to one hour before food, or on an empty stomach.

Food supplements should not replace a balanced diet and healthy lifestyle.

Formula

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Typically per 2 tablets

Vitamin B12	250µg
Iron	20mg
L-Lysine HCL	1250mg
providing Lysine	1000mg

Ingredients

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L-Lysine Hydrochloride, Dicalcium Phosphate Dihydrate, Cellulose, Iron (Bisglycinate), Anti-caking Agents (Silicon Dioxide, Stearic Acid & Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerine), Vitamin B12 (Methylcobalamin).

Suitable For

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This product is suitable for all adults.

This amount of iron provided in this product may cause mild stomach upset in sensitive individuals, however Iron as bisglycinate, is gentle on the tummy and B12 as methylcobalamin is well absorbed.

This product is not suitable during pregnancy and breast feeding.

This product is suitable for vegetarians and vegans.

Cautions/Allergies

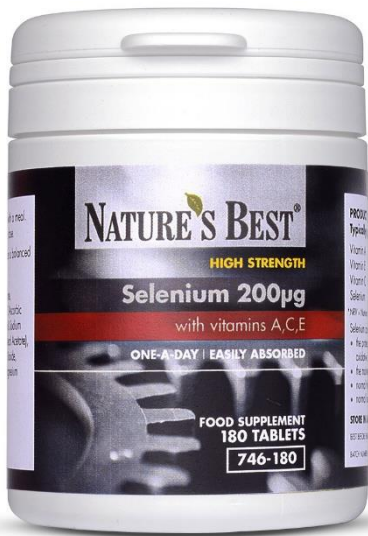
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For allergens see ingredients listed in bold.

This product is free from wheat, yeast, dairy, soya and nuts.

This product is free from gluten containing ingredients.

Product Information



Daily Intake

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Take 1 tablet daily with a meal. Do not exceed recommended daily dose. Food supplements should not replace a balanced diet and healthy lifestyle.

Formula

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Typically per tablet

Selenium (as Seleno L-Methionine + Sodium Selenite)	200µg
Vitamin A	400µg
Vitamin C	80mg
Vitamin E	24mg

Ingredients

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DiCalcium Phosphate, Cellulose, Vitamin C (Ascorbic Acid), Vitamin E (dl-alpha Tocopherol Acetate), Anti-caking Agents (Silicon Dioxide, Stearic Acid & Magnesium Stearate), Crosslinked Cellulose Gum, Vitamin A Acetate, Selenium (L-Selenomethionine & Sodium Selenite).

Suitable For

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This product is suitable for all adults. This product is suitable for vegetarians and vegans. This product is suitable during pregnancy or breast feeding.

Cautions/Allergies

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This product is free from wheat, yeast, dairy, soya, nuts and shellfish. This product is free from gluten containing ingredients.

Product Information



Daily Intake

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Take 1 capsule daily with a meal. Do not exceed recommended daily dose. Food supplements should not replace a balanced diet and healthy lifestyle.

Formula

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Typically per capsule

Vitamin D3

1000iu (25µg)

Ingredients

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Sunflower Seed Oil, Vitamin D3 Extract (Lichen Plant Extract, Fractionated Coconut Oil, Antioxidant: dl-alpha Tocopherol), Capsule Shell (Modified Corn Starch, Glycerine, Gelling Agent: Carrageenan, Sodium Carbonate).

Suitable For

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This product is suitable for all adults. This product is suitable during pregnancy and breast feeding.

This product is suitable for vegetarians and vegans.

Cautions/Allergies

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For allergens see ingredients listed in bold.

This product is free from wheat, yeast, dairy, soya and nuts.

This product is free from gluten containing ingredients.