

Product Information



Daily Intake

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Take 1 to 2 tablets daily with a meal. Do not exceed recommended daily dose. Food supplements should not replace a balanced diet and a healthy lifestyle.

Formula

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Typically per tablet

Vitamin C	1000mg
Rose Hip Powder	50mg
Citrus Bioflavonoid Complex	50mg

Ingredients

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Vitamin C (Ascorbic Acid), Hydroxypropyl Methylcellulose, DiCalcium Phosphate, Citrus Bioflavonoid Complex, Anti-caking Agents (Silicon Dioxide & Magnesium Stearate), Cellulose, Stearic Acid, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Rose Hip Powder.

Suitable For

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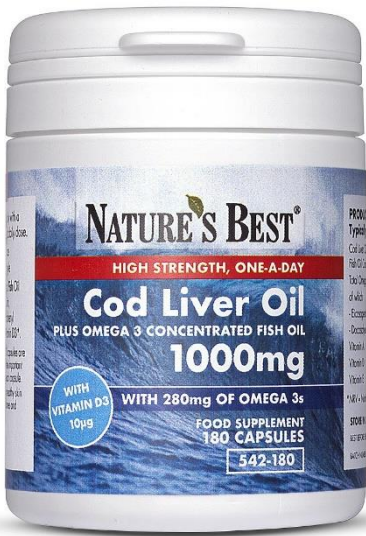
This product is suitable for all adults. This product is suitable during pregnancy and breast feeding. This product is suitable for vegetarians and vegans..

Cautions/Allergies

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This product is free from wheat, yeast, dairy, soya, nuts and shellfish. This product is free from gluten containing ingredients. Over 1000mg of vitamin C may cause mild stomach upset in sensitive individuals.

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

Cod Liver Oil & Fish Oil Concentrate	1000mg
Total Omega 3 Fatty Acids	280mg
of which Eicosapentaenoic Acid (EPA)	144mg
Docosahexaenoic Acid (DHA)	107mg
Vitamin A	800µg
Vitamin D	10µg
Vitamin E	10mg

Ingredients

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Cod Liver Oil and **Fish** Oil Concentrate*, Capsule Shell (Gelatin, Glycerin), Vitamin E (dl alpha Tocopheryl Acetate), Vitamin A Palmitate*, Vitamin D3*.

*With antioxidant dl-alpha Tocopherol.

Suitable For

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

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.

This product is not suitable for vegetarians.

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

Zinc (as Citrate)

15mg

Ingredients

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Calcium Carbonate, Zinc Citrate, Modified Starch, Cellulose, Silicon Dioxide, Magnesium Stearate, Stearic Acid.

Suitable For

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This product is suitable for all adults. This product is suitable for vegetarians. 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.