

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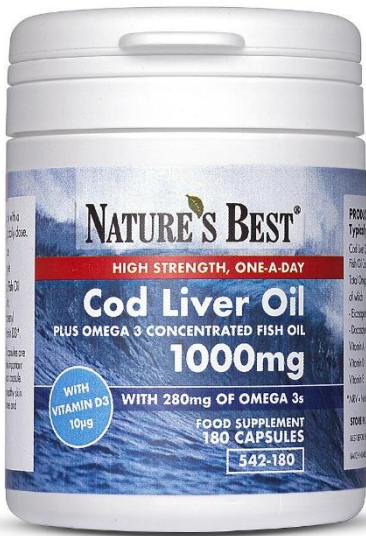
This product is suitable for all adults. This product is suitable during pregnancy and breast feeding. This product is suitable for vegetarians and vegans..

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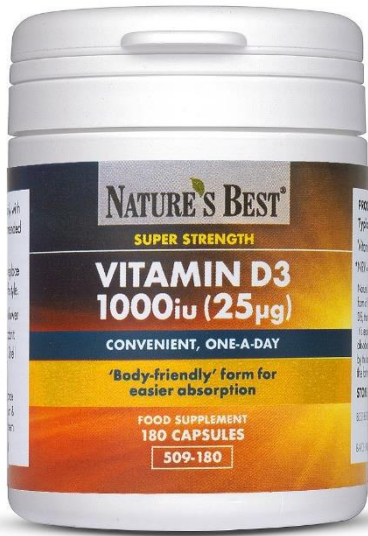
This product is suitable for all adults. This product is suitable for vegetarians. This product is suitable during pregnancy or breast feeding.

### 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.

## Product Information



### Daily Intake

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Take 1 capsule daily with a meal. Do not exceed recommended daily dose.

### Formula

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#### Typically Per Capsule

Vitamin D3

1000iu (25µg)

### Ingredients

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Vitamin D (Sunflower Seed Oil, Vitamin D3, Antioxidant: dl-alpha Tocopherol), Capsule Shell (Gelatin, Glycerine).

### Suitable For

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This product is suitable for all adults. This product is suitable during pregnancy and breastfeeding.

### Cautions/Allergies

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This product is free from wheat, gluten, yeast, dairy, soya, and nuts and shellfish. This product is not suitable for vegetarians.