



MultiFifty™

Multivitamin with 50 nutrients
and 50mg Co-Enzyme Q10

ONE A DAY

Food Supplement
Extra High Potency
30 Vegetarian Capsules

Manufactured in England.
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MultiFifty™ Multivitamin & mineral with 50 nutrients and 50mg Co-Enzyme Q10

Suitable for Vegetarians. Hypoallergenic formula 100% active ingredients. Contains NO: gluten, wheat, lactose, dairy, added sugars, added salt, preservative, colourings, yeast or starch.

Directions for use: As a food supplement for adults, not intended to treat any medical condition. Take one (1) vegetarian capsule daily with food or as directed by a healthcare professional. Tamper resistant outer and cap seal for your added security. Do not use if either are broken. Freshness and potency assured if stored in a cool dry place. Keep out of sight and reach of children. Not for use during pregnancy or lactation, unless directed by a healthcare professional.

INGREDIENTS: One (1) vegetarian capsule provides:

	%ECRDA
Vegetable Cellulose capsule	125mg
Vitamin C (Magnesium Ascorbate)	100mg
Vitamin E (d-alpha Tocopheryl Succinate 60:50)	50mg
Co-Enzyme Q10	50mg
Vitamin B1 Thiamin HCL	20mg
Vitamin B2 Riboflavin	20mg
Vitamin B3 Nicotinamide	20mg
Vitamin B5 Calcium Pantothenate	20mg
Vitamin B6 Pyridoxine HCL	20mg
Zinc (Citrate)	15mg
Iron (Bisglycinate)	14mg
Alpha Lipoic acid	10mg
Betaine HCL	10mg
Bioflavonoids (Raspberry extract 4:1)	10mg
Bromelain 1:10	10mg
Calcium (Citrate)	10mg
Choline Bitartrate	10mg
Inositol	10mg
Magnesium (Citrate)	10mg
PABA (Para Aminobenzoic Acid)	10mg
Quercetin	10mg
Rutin	10mg
L-Glutamic acid	5mg
Hesperidin complex	5mg
Manganese (Glucuronate)	5mg
Potassium (Citrate)	5mg
Taurine	5mg
Raw organic Alfalfa herb powder	1mg
Amylase	1mg
Astragalus root powder	1mg
Boron (Amino Acid Chelate)	1mg
Copper (Glucuronate)	1mg
Lipase 10,000 units/gm	1mg
Lutein 5%	1mg
Oat Bran	1mg
L-Ornithine HCL	1mg
Plantain leaf powder	1mg
Protease	1mg
Spirulina powder	1mg
Watercress powder	1mg
Natural Beta Carotene/Carotenoid mix (from Dunaliella Salina Algae) equiv. to Vitamin A, 149 iug providing typical analysis:	900µg
Beta Carotene	900µg
Alpha Carotene	28.4µg
Cryptoxanthin	7.02µg
Zeaxanthin	5.76µg
Lutein	4.5µg
Vitamin A	800µg
Biotin pure	500µg
Folic acid	400µg
L-Glutathione (reduced)	250µg
L-Methionine	250µg
Chromium (Picolinate)	150µg
Iodine (Potassium Iodine)	150µg
Selenium (Methionine)	150µg
Vitamin K1	50µg
Molybdenum	25µg
Vitamin B12 Cyanocobalamin	25µg
Vitamin D2 Ergocalciferol (Vegetarian)	10µg
In a herbal base of Alfalfa, Oat Bran, Spirulina & Watercress.	200