



MultiFifty™

Multivitamin with 50 nutrients
and 50mg Co-Enzyme Q10

ONE A DAY

Food Supplement
Extra High Potency
60 Vegetarian Capsules

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

INGREDIENTS: One (1) vegetarian capsule provides:		%ECRDA			%ECRDA
Vegetable Cellulose capsule	125mg		Astragalus Root powder	1mg	
Vitamin C (Magnesium Ascorbate)	100mg	125	Boron (Amino Acid Chelate)	1mg	
Vitamin E (d-alpha Tocopheryl Succinate 60.5iu)	50mg	416	Copper (Gluconate)	1mg	100
Co-Enzyme Q10	50mg		Lipase 10,000 units/gm	1mg	
Vitamin B1 Thiamin HCL	20mg	1818	Lutein 5%	1mg	
Vitamin B2 Riboflavin	20mg	1428	Oat Bran	1mg	
Vitamin B3 Nicotinamide	20mg	125	L-Ornithine HCL	1mg	
Vitamin B5 Calcium Pantothenate	20mg	333	Plantain Leaf powder	1mg	
Vitamin B6 Pyridoxine HCL	20mg	1428	Protease	1mg	
Zinc (Citrate)	15mg	150	Spirulina powder	1mg	
Iron (Bisglycinate)	14mg	100	Watercress powder	1mg	
Alpha Lipoic Acid	10mg		Natural Beta Carotene / Carotenoid mix	900µg	
Betaine HCL	10mg		(from Dunaliella Salina Algae)		
Bioflavonoids (Bilberry extract 4:1)	10mg		equiv. to Vitamin A, 149.9µg providing typical analysis:		
Bromelain (1:10)	10mg		Beta Carotene 900µg, Alpha Carotene 28.4µg		
Calcium (Citrate)	10mg	1.25	Cryptoxanthin 7.02µg, Zeaxanthin 5.76µg, Lutein 4.5µg		
Choline Bitartrate	10mg		Vitamin A	800µg	1000
Inositol	10mg		Biotin pure	500µg	200
Magnesium (Citrate)	10mg	2.66	Folic Acid	400µg	
PABA (Para Aminobenzoic Acid)	10mg		L- Glutathione (reduced)	250µg	
Quercetin	10mg		L- Methionine	250µg	
Rutin	10mg		Chromium (Picolinate)	150µg	375
L-Glutamic Acid	5mg		Iodine (Potassium Iodine)	150µg	100
Hesperidin complex	5mg		Selenium (Methionine)	150µg	272
Manganese (Gluconate)	5mg	250	Vitamin K 1	50µg	66.6
Potassium (Citrate)	5mg	0.25	Molybdenum	25µg	50
Taurine	5mg		Vitamin B12 Cyanocobalamin	25µg	1000
Raw organic Alfalfa Herb powder	1mg		Vitamin D2 Ergocalciferol (Vegetarian)	10µg	200
Amylase	1mg		In a herbal base of Alfalfa, Oat Bran, Spirulina & Watercress.		

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.