

DIRECTIONS FOR USE: Take one tablet daily with food.

OTHER INGREDIENTS: Cellulose, modified cellulose gum, stearic acid (vegetable source), calcium stearate (vegetable source), lemon bioflavonoid complex, silica and glycerine.

CONTAINS NO artificial colours, flavours or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

KEEP OUT OF THE REACH OF CHILDREN. Do not exceed the recommended daily intake. Food supplements should not be used as a substitute for a varied diet.

THIS PRODUCT CONTAINS IRON which, if taken in excess may be harmful to very young children.

**We Guarantee Our Supplements
for Potency and Purity**

G. BALDWIN & CO
LONDON SE17 1RW
www.baldwins.co.uk

G Baldwin & Co

Easy-to-Swallow

BASIC MULTI[®]

Multivitamin and Mineral

Food Supplement

180 VEGETARIAN TABLETS



Product Information

Serving Size 1 Tablet

Amount Per Serving	% RDA [†]
Vitamin C (as calcium ascorbate).....	100 mg 125%
Vitamin D3 (as cholecalciferol)	10 µg 200%
Vitamin E (as d-alpha tocopheryl succinate)	20 mg 167%
Thiamin (as thiamin HCl)	10 mg 909%
Riboflavin	10 mg 714%
Niacin (as niacinamide).....	20 mg 125%
Vitamin B6 (as pyridoxine HCl)	10 mg 714%
Folic Acid	400 µg 200%
Vitamin B12 (as cyanocobalamin)	15 µg 600%
Biotin	30 µg 60%
Pantothenic Acid (as d-calcium pantothenate)	20 mg 333%
Calcium (from dibasic calcium phosphate,ascorbate, pantothenate)	100 mg 13%
Iron (from ferrous fumarate).....	18 mg 129%
Phosphorous (from dibasic calcium phosphate)	68 mg 9%
Iodine (from potassium iodide).....	150 µg 100%
Magnesium (from magnesium oxide)	50 mg 13%
Zinc (from zinc oxide, gluconate).....	15 mg 150%
Selenium (from L-selenomethionine)	25 µg 45%
Copper (from copper gluconate)	1 mg 100%
Manganese (from manganous gluconate)	1 mg 50%
Chromium (from chromium chloride)	25 µg 63%
Molybdenum (from sodium molybdate)	6 µg 12%
Vitamin A (as beta-carotene)	3000 µg *

[†] Recommended Daily Allowance

* RDA not established

For Best Before End see bottom of the bottle.

STORE IN A COOL DRY PLACE

UK 514-180UK

