

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

30 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 manganese 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

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