

**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**  
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[www.baldwins.co.uk](http://www.baldwins.co.uk)

**GBaldwin & Co**

Easy-to-Swallow  
**BASIC MULTI®**  
Multivitamin and Mineral



**Food Supplement**

**90 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

**DIRECTIONS FOR USE:** Take one tablet daily with food.

For Best Before End see bottom of the bottle.

**STORE IN A COOL DRY PLACE**

**UK 514-90UK**

