

Amount Per Serving	% RDA†	Amount Per Serving	% RDA†
Pomegranate Powder .....	15 mg *	Tomato Powder .....	10 mg *
Alpha Lipoic Acid .....	50 mg *	Enzyme Blend (Papain, Bromelain, Lipase, Protease, Amylase) .....	30 mg *
Grapeseed Extract .....	20 mg *	Betaine HCl .....	25 mg *
Soya (non-GMO) .....	30 mg *	Ginger Root Extract .....	60 mg *
Cranberry (CranMax®) .....	25 mg *	Boron .....	3,000 µg *
Lemon Bioflavonoid .....		Vanadium .....	2 µg *
Complex .....	200 mg *		
Cinnamon Powder .....	100 mg *		

† Recommended Daily Allowance  
\* RDA not established

**OTHER INGREDIENTS:** Cellulose, modified cellulose gum, magnesium stearate (vegetable source), stearic acid (vegetable source), silica, cinnamon oil and glycerine.

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

**Lutemax™** 2020 trademark belongs to  
OmniActive Health Technologies Ltd.  
**CranMax®**

†CRAN-MAX® and CRAN-MAX® logotype are used under license with permission of their proprietor.

**WARNING: KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN.**

This product contains iron which, if taken in excess, may be harmful to very young children. Food supplements should not be used as a substitute for a varied diet. Do not exceed the RDA†. Long-term intake of 60 mg vitamin B6 may lead to mild tingling and numbness.

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

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

**G Baldwin & Co**

# Food Rich WOMEN'S ADVANCED MULTI

**Food Supplement**

**90 VEGETARIAN TABLETS**



## Product Information

Serving Size 3 Tablets

Amount Per Serving	% RDA†
Vitamin C (as ascorbic acid) .....	300 mg 375%
Vitamin D3 (as cholecalciferol) .....	10 µg 200%
Vitamin E (d-alpha tocopherol succinate) .....	50 mg 417%
Thiamine (as thiamine mononitrate) .....	60 mg 5,455%
Riboflavin .....	60 mg 4,286%
Niacin (as nicotinic acid) .....	20 mg 125%
Vitamin B6 (as pyridoxine HCl) .....	60 mg 4,286%
Folic Acid .....	800 µg 400%
Vitamin B12 (as cyanocobalamin) .....	400 µg 16,000%
Biotin .....	600 µg 1,200%
Pantothenic Acid (d-calcium pantothenate) .....	50 mg 833%
Calcium (from calcium citrate) .....	240 mg 30%
Iron (from ferrous fumarate) .....	10 mg 71%
Iodine (from potassium iodide) .....	150 µg 100%
Magnesium (from magnesium oxide) .....	240 mg 64%
Zinc (from zinc oxide) .....	15 mg 150%
Selenium (from L-Selenomethionine) .....	200 µg 364%
Copper (from cupric oxide) .....	2 mg 200%
Manganese (from manganous gluconate) .....	2 mg 100%
Chromium (from chromium chloride) .....	200 µg 500%
Molybdenum (from sodium molybdate) .....	45 µg 90%
Beta Carotene .....	3,000 µg *
Inositol .....	30 mg *
Choline (bitartrate) .....	120 mg *
Lutein/ Zeaxanthin (from Lutemax™ 2020) (from Tagetes erecta) .....	3.75 mg *
Bilberry .....	50 mg *

**DIRECTIONS FOR USE:** Take 3 tablets daily, preferably with food

**STORE IN A COOL DRY PLACE**

For Best Before End see bottom of the bottle.

**UK 537-90UJ**

