

Amount Per Serving	% RDA†
MSM (methylsulfonylmethane)	125 mg *
Methionine	50 mg *
Citrus Bioflavonoid Complex	50 mg *
Alpha Lipoic Acid	50 mg *
Silica	40 mg *
Choline	25 mg *
Inositol	25 mg *
Grapeseed Extract (Leucoselect®)	15 mg *

† Recommended Daily Allowance

* RDA not established

DIRECTIONS FOR USE: Take one tablet daily with a meal.

OTHER INGREDIENTS: Cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), modified cellulose gum, silica, vanilla extract, 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.

We Guarantee Our Supplements for Potency and Purity

This product contains iron which, if taken in excess may be harmful to very young children.

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

GBaldwin & Co

HAIR, SKIN & NAILS MULTI

Food Supplement



60 VEGETARIAN TABLETS

Product Information

Serving Size 1 Tablet

Amount Per Serving	% RDA†
Vitamin A (as palmitate)	375 µg 47%
Vitamin C (as ascorbic acid)	80 mg 100%
Vitamin D3 (as cholecalciferol)	5 µg 100%
Vitamin E (as d-alpha tocopheryl succinate)	10 mg 83%
Thiamin (as thiamin mononitrate)	5 mg 454%
Riboflavin B2	5 mg 357%
Niacin B3 (as niacinamide)	10 mg 63%
Vitamin B6 (as pyridoxine HCl)	5 mg 357%
Folic Acid	200 µg 100%
Vitamin B12 (as cobalamin)	7.5 µg 300%
Biotin	1,000 µg 2000%
Pantothenic Acid (as d-calcium pantothenate)	15 mg 250%
Calcium (from di-calcium phosphate, calcium pantothenate)	135 mg 17%
Iron (from ferrous fumarate)	5 mg 36%
Phosphorous (from di-calcium phosphate)	100 mg 14%
Magnesium (from magnesium oxide)	50 mg 13%
Zinc (from zinc gluconate)	12.5 mg 125%
Selenium (from selenomethionine)	100 µg 182%
Copper (from copper gluconate)	1 mg 100%
Manganese (from manganous gluconate)	0.5 mg 25%
Chromium (from chromium chloride)	100 µg 250%
Molybdenum (from sodium molybdate)	25 µg 50%
Potassium (from potassium chloride)	25 mg 1%
Beta Carotene	375 µg *

For Best Before End see bottom of the bottle.

STORE IN A COOL DRY PLACE

UK 549-60UF

Leucoselect® is a registered trademark of Indena SpA.

