

Manufactured by: Western Nutritions

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Fact Sheet



Vitamins are essential nutrients because they perform hundreds of roles in the body. Eating a healthy diet remains the best way to get sufficient amounts of the vitamins you need.

Every day, your body produces skin, muscle, and bone. It churns out rich red blood that carries nutrients and oxygen to remote outposts, and it sends nerve signals skipping along thousands of miles of brain and body pathways. It also formulates chemical messengers that shuttle from one organ to another, issuing the instructions that help sustain your life.

But to do all this, your body requires some raw materials. These include vitamins, and dietary components that your body needs but cannot manufacture on its own in sufficient amounts.

Most older people need a complete multivitamin supplement. If you think you are not making the best food choices, look for a supplement MULTIVITAMINS. It is well balanced and contain 100% of most recommended vitamins.



MULTIVITAMINS

Essential Multivitamins + Minerals Supplement

List of Ingredients

Each Tablet Contains Active Ingredients:

Vitamin A (As Acetate)	751 mcg
Vitamin C (Ascorbic acid)	30 mg
Vitamin D3 (Cholecalciferol)	5 mcg
Vitamin E (dl-alpha Tocopheryl Acetate)	5 IU
Vitamin B3 (Niacinamide)	10 mg
Vitamin B6 (Pyridoxin HCl)	1 mg
Folic acid (Vitamin B9)	200 mcg
Vitamin B12 (Cyanocobalamin)	3 mcg
Biotin (Vitamin H)	20 mcg

List of Inactive Ingredients: Beta Carotene, Citric Acid, Glucose Syrup, Glucose, Pectin, Plant Oil, Sodium Citrate, Sugar, Natural Flavour (Lemon, Orange, Strawberry).



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