



## VITAMINS AND MINERALS - SUPER COMPLEX (60 TABS.)

PRICE: **37,10** EUR

SHIPPING TIME: 24 GODZINY

Catalogue no.: PL23747

EAN code: PL23747

### DESCRIPTION OF THE

### ITEM

## VITAMINS & MINERALS Super Complex

### DIETARY SUPPLEMENTS

Basic nutrients are crucial for health. Your body needs a variety of vitamins and minerals in order to function at full capacity. With today's fast-paced lifestyle, many people suffer from nutritional deficiencies associated with processed foods. A typical modern diet is low in fruit and vegetables. Vitamins & Minerals is an exclusive product based on nutritious and healthy green plants and brassicas (cabbage-type vegetables). This unique formula provides a complete set of vitamins and minerals. Vitamins & Minerals from Nature's Sunshine is a patented composition of extracts from broccoli, carrot, red beet, rosemary, tomato, turmeric, cabbage, grapefruit/orange bioflavonoids and hesperidin. Super Complex contains as many as 28 essential vitamins and minerals.

- The product complements the daily diet with 28 vitamins and minerals.
- Potassium contained in the product helps maintain proper blood pressure.
- Iron play a vital role in the production of red blood cells and haemoglobin.
- Chromium helps maintain proper blood glucose levels.
- Vitamin B12 and iron contribute to reducing tiredness.
- Manganese helps maintain healthy bones.

- Biotin and chromium contribute to the maintenance of proper macronutrient metabolism.

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**INGREDIENTS:**

anti-caking agent: calcium phosphates, bulking agent: cellulose, L-ascorbic acid, magnesium oxide, potassium citrate, D-alpha-tocopherol, anti-caking agent: fatty acids, L-selenomethionine, iron (II) fumarate, D-biotin, broccoli floret powder (*Brassica oleracea* var. *itallica*), calcium D-pantothenate, tablet coating (thickening agent: hydroxypropyl methyl cellulose, maltodextrin, glazing agents: polyethylene glycol, carnauba wax), zinc oxide, anti-caking agent: silicon dioxide, beta-carotene, nicotinic acid, copper (II) gluconate, anti-caking agent: magnesium salts of fatty acids, manganese L-aspartate, carrot root powder (*Daucus carota*), beet root powder (*Beta vulgaris*), tomato fruit powder (*Lycopersicon esculentum*), turmeric rhizome powder (*Curcuma longa*), rosemary leaf powder (*Rosmarinus officinalis*), cabbage leaf powder (*Brassica oleracea* var. *capitata*), chromium (III) sulphate, ergocalciferol, pteroylmonoglutamic acid, pyridoxine hydrochloride, riboflavin, potassium iodide, thiamine mononitrate, hesperidin, grapefruit bioflavonoids, orange bioflavonoids, cyanocobalamin.

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**KEY INGREDIENTS:**

Content of the recommended dose (2 tablets):

Vitamin C .....	180 mg / 225% RDI*
Magnesium .....	100 mg / 27% RDI*
Vitamin E .....	44 mg / 366% RDI*
Niacin .....	14 mg / 188% RDI*
Pantothenic acid .....	20 mg / 333% RDI*
Iron .....	15 mg / 107% RDI*
Zinc .....	15 mg / 150% RDI*
Vitamin B6 .....	4 mg / 286% RDI*
Riboflavin.....	3.4 mg / 243% RDI*
Thiamine.....	3 mg / 273% RDI*
Beta carotene (retinol equivalent 1500 µg RAE vitamin A).....	3 mg / RDI**
Copper .....	2 mg / 200% RDI*
Manganese .....	1 mg / 50% RDI*
Folic acid .....	400 µg / 200% RDI*
Biotin .....	300 µg / 600% RDI*
Iodine .....	150 µg / 100% RDI*
Chromium .....	100 µg / 250% RDI*
Selenium .....	50 µg / 91% RDI*
Vitamin B12 .....	12 µg / 480% RDI*
Vitamin D .....	10 µg / 200% RDI*
Broccoli flower.....	32.5 mg / **
Carrot root.....	10 mg / **
Beet root.....	10 mg / **
Tomato fruit.....	10 mg / **
Turmeric root.....	10 mg / **
Rosemary leaf.....	10 mg / **
Cabbage leaf.....	10 mg / **
Hesperidin .....	1.5 mg / **
Grapefruit bioflavonoids.....	1.5 mg / **
Orange bioflavonoids.....	1.5 mg / **

\*RDI - Reference Daily Intake

\*\*Reference Daily Intake not specified

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**RECOMMENDED USE:**

1 tablet 2 times a day during a meal

Do not exceed the recommended daily dose.

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**STORAGE CONDITIONS:**

Store in a dry and cool place, out of reach of small children.

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Nature's Sunshine encourages a healthy lifestyle. Dietary supplements cannot be used as a substitute for a varied diet. A balanced diet and healthy lifestyle are the basis for the proper functioning of the body.