Product Description	RATION PACK MULTIVITAMIN
Ingredients List	Multivitamin and Minerals Bulking agent: Dicalcium phosphate, Calcium carbonate, Magnesium ascorbate, Calcium pantothenate, Choline bitartrate, D-Alpha tocopherol, Calcium citrate, Ascorbic acid, Potassium citrate, Silicon dioxide, Coating: (Hydroxypropyl methyl cellulose, Colours: Titanium dioxide, Riboflavin, Glycerin); Ferrous fumarate, Magnesium oxide, Nicotinamide, Zinc citrate, Acacia gum; Manganese ascorbate, L-selenomethionine, Thiamine hydrochloride, Pyridoxine hydrochloride, Croscarmellose sodium, Sodium Borate, Riboflavin, Copper gluconate, Retinyl acetate, Inositol, Cholecalciferol, Phylloquinone, Chromium picolinate, Hydroxycobalamin, Biotin, Folic acid, Potassium iodide, Sodium molybdate, Modified maize starch Corn oil; Antioxidant: DL-alpha tocopherol; Hydroxypropyl methyl cellulose, Sugar, Triglycerides of middle chain fatty acids. Fatty Acids Fish oil from Sardine and Anchovy, Capsule shell: Fish gelatin, Glycerol; Sweet Orange oil, Antioxidants:Natural Mixed Tocopherols, D-Alpha Tocopherol. Bulking agents: Microcrystalline cellulose, Dicalcium phosphate; Ascorbic acid, L-Cysteine, Lutein, D-alpha tocopheryl extract, Bilberry Powdered extract 4:1, Alpha Lipoic acid, Coenzyme Q10, Green Tea Standardised extract, Silicon dioxide, Coating (Hydroxypropyl Methyl Cellulose, Glycerin), Colours: Titanium dioxide, Beetroot Red; Beta carotene, Quercetin, Blackberry Powdered 4:1 extract, Blackcurrant Powdered 4:1 extract, Sweet cherry powdered 4:1 extract, Acacia gum, Watercress, Lycopene 10%, Stabiliser: Croscarmellose sodium; Pomegranite standardised extract, Grapeskin standardised extract, Pycnogenol™ Pine Bark extract, Natural Mixed Carotenoids, Folic acid, Modified maize starch, Antioxidant: DL-Alpha tocopherol; Rice powder; Olive oil; Antioxidant: Ascorbyl palmitate; Antioxidant: Natural mixed tocopherols; Sunflower oil; Potato maltodextrin, Cellulose; Acidity regulator: Citric acid; Hydroxypropyl methyl cellulose. BifidexTM (Acidophilus and Bifidus) Calcium carbonate, Magnesium oxide, Capsule shell: Hydroxypropyl methyl cellulose; Glycerol Esters, Lactobaccillus acidophilus, Silica, Bifidobacterium bifidum, Bifidobacterium animalis subsp. Lactis, Modified maize starch.
Allergen Statement	Allergy Advice: For allergens see ingredients in Bold. Also may contain Cereals containing Gluten, Fish, Crustaceans, Nuts, Peanuts, Sesame, Sulphites, Celery, Lupin, Mustard, Molluscs
Net Quantity	
Storage Instructions	Store in a cool, dry place. Store out of the reach of children.

Instructions for Use	Take one 'tear off' strip per day with a meal and sufficient water or as directed by your healthcare practitioner. Each strip contains one each of the following: Multivitamin and Mineral tablet, Essential Fatty Acid softgel capsule, Antioxidant tablet and Bifidex™ (Acidophilus and Bifidus) hard shell capsule.
Origin/Provenance	UK
Nutrition Information	Per Serving (Reference Intake) Vitamin A 400mcg RE RI% 50 Vitamin D3 7.5mcg (300iu) RI% 150 Vitamin E 20mg TE RI% 166 Vitamin K 60mcg RI% 80 Vitamin C 120mg RI% 150 Thiamin 10mg RI% 900 Riboflavin 10mg RI% 714 Niacin 16mg NE RI% 100 Vitamin B6 9.5mg RI% 678 Folic Acid 150mcg RI% 75 Vitamin B12 25mcg RI% 1,000 Biotin 200mcg RI% 400 Pantothenic Acid 18mg RI% 300 Calcium 244mg RI% 30 Iron 7.5mg RI% 50 Zinc 7.5mg RI% 75 Copper 1mg RI% 100 Manganese 2.5mg RI% 125 Selenium 80mcg RI% 145 Chromium 100mcg RI% 250 Molybdenum 75mcg RI% 150 Iodine 100mcg RI% 66 Silicon 13mg † Inositol 4mg † Choline 15mg † Boron 500mcg †
Nutrition Claims	High in D3, B3 and Zinc
Health Claims	B-Vitamins - Every serving provides a source of vitamin B2 (riboflavin), B3 (niacin) and B5 (pantothenic acid) which contribute to normal energy metabolism. Vitamin B3 supports the reduction of tiredness and fatigue
Marketing Claims	

WARNINGS	WARNINGS: DO NOT exceed the daily recommended dose. If you are experiencing nausea, fever, vomiting, bloody diarrhoea or severe abdominal pain; or if you have an immune - comprised condition DO NOT USE. If symptoms of digestive upset occur, worsen or persist beyond 3 days, discontinue use and consult your healthcare practitioner. If you are pregnant or breast feeding; if you have diabetes or an iron deficiency; or if you have a liver disorder or develop symptoms of liver trouble, consult you r healthcare practitioner prior to use. If you are taking blood pressure medication or blood thinners, consult your healthcare practitioner prior to use. Food Supplements should not be used as a substitute for a varied diet. This product is to be used in conjunction with a sensible diet and exercise programme for best results. This product is not intended to diagnose, cure or prevent disease.