

Supplement Ingredients

Pre & Probiotic Complex

Active Ingredients: <i>One capsule typically provides</i>		NRV %
Lactobacillus acidophilus	6 billion cfu's/g	†
Bifidobacterium bifidum	in combination	
Fructooligosaccharides (FOS)	95 mg	†

AntiOxidant

Active Ingredients: <i>Typically per tablet</i>		NRV %
Alpha Lipoic Acid	40 mg	†
CoQ10	20 mg	†
N-Acetyl Cysteine	80 mg	†
Beta Carotene	5 mg	1000 mcg RE
Lycopene	1.5 mg	†
Lutein	1.5 mg	†
Natural Mixed Carotenoids	150 mcg	†
Pomegranite Extract (<i>Providing 7 mg ellagic acid</i>)	20 mg	†
Green Tea (<i>Providing 12mg polyphenols and 8mg catechins</i>)	20 mg	†
Grape Skin Extract	7 mg	†
Quercetin	20 mg	†
Soya Isoflavones	2 mg	†
Pine Bark Extract	3 mg	†
Bilberry Extract	20 mg	†
Mixed Berry Extract (<i>Providing an anthocyanidin content equivalent to 25g of fresh fruit</i>)	100 mg	†
Freeze Dried Watercress Extract	20mg	†
Folic acid	600 mcg	300
Vitamin E	50 iu	440 (44 mg TE)
Vitamin C	250 mg	400

Omega 3 Fish Oils

Active Ingredients: <i>One capsule typically provides</i>		RDA / NRV %
Docosahexaenoic acid (DHA)	210 mg	†
Eicosapentaenoic acid (EPA)	315 mg	†
Total Omega 3	600 mg	†
Natural Mixed Tocopherols	12 mg	†

Vitamin D Chewable Tablets

Active Ingredients: <i>One tablet typically provides</i>		NRV %
Vitamin D3	1000iu (25 µg)	500
Vitamin K2	25µg	25

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Daily Vitality

Active Ingredients: <i>One tablet typically provides</i>		NRV %
Vitamin A (as acetate)	400 mcg	2143
Vitamin B1 (as thiamine hydrochloride)	30 mg	2143
Vitamin B2 (as pure riboflavin)	30 mg	1875
Vitamin B3 (as pure niacinamide)	50 mg	278
Vitamin B5 (as calcium pantothenate)	27 mg	450
Vitamin B6 (as pyridoxine hydrochloride)	4 mg	200
Vitamin B12 (as pure hydroxycobalamine)	25 mcg	2500
Vitamin C (as ascorbic acid & freeze dried ascorbates)	120 mg	200
Vitamin D (as vitamin D3)	15 mcg	300
Vitamin E (as dl- α -tocopherol)	70 iu	469
Beta carotene (as freeze-dried β -carotene)	4 mg	†
Lycopene (as lycopene oleo resin)	1 mg	†
Lutein (as freeze dried lutein concentrate)	0.25 mg	†
Folic acid	400 mcg	200
Biotin	300 mcg	200
Iron (as iron ascorbate)	14 mg	100
Magnesium (as magnesium oxide)	60 mg	20
Calcium (as Calcium carbonate)	160 mg	20
Zinc (as zinc citrate)	15 mg	100
Manganese (as freeze dried manganese ascorbate)	0.75 mg	37
Copper (as copper gluconate)	0.9 mg	90
Molybdenum (as freeze dried molybdenum ascorbate)	25 mcg	50
Chromium (as chromium chloride)	25 mcg	62
Selenium (as sodium selenite)	25 mcg	45
Iodine (as Potassium Iodide)	150 mcg	100
Choline bitartrate	15 mg	†
Inositol	15 mg	†
Citrus bioflavonoids	25 mg	†
CoQ10	5 mg	†
Proanthocyanadins	1 mg	†
Alpha lipoic acid	1.5 mg	†
N-acetyl cysteine	30 mg	†

Turmeric & Black Pepper

Active Ingredients: <i>One capsule typically provides</i>		NRV %
Turmeric Root Powder 20:1 Extract (<i>Curcumin 99%</i>) Equivalent to 10,000mg Turmeric powder	500 mg	†
Bioperine™ Black Pepper	5 mg	†