

Multivitamin Complex

A daily multivitamin with minerals and herbs for everyday good health.

Stress, a poor diet, lifestyle habits and exposure to pollutants can rob your body of essential nutrients. As a result, you may look and feel tired, get sick easily or have difficulty in maintaining your ideal weight.

Multivitamin Complex has been scientifically developed to supply your body with an even broader range of essential vitamins and minerals plus select herbs, for everyday good health.

Key Benefits

- Contains over 20 essential nutrients and antioxidants for daily nutritional support.
- Supplies the body with 100% of the RDI for Vitamins A, B1, B2, B3, B5, B6, C, D and E, folic acid, biotin, iodine, chromium, zinc, molybdenum.

- Includes antioxidant vitamins E, C, betacarotene and selenium to help fight free radicals generated daily through stress and pollution.
- Helps support the immune system.

Nutrition Basics

Leading nutrition authorities recommend that all adults take a multivitamin daily.

Vitamins are required in small amounts for many chemical reactions in the body. They are essential for:

- normal growth and development
- energy production
- carbohydrate metabolism
- normal functioning of the nervous system

Minerals play an important role in the structure of body tissues and in the formation of enzyme systems throughout the body. In the human body, minerals play a multifunctional role:

- support the immune system (zinc, iron)
- oxygen transportation (iron)
- antioxidant properties (selenium, manganese, copper)
- help maintain healthy thyroid function (iodine)
- essential for nerve and muscle function (calcium, magnesium)

Fast Facts

- The National Health Survey (2004-2005) found that over one third of the Australian population does not eat enough fruit and 60% do not eat enough vegetables on a daily basis.
- There is growing evidence that nutrient levels in fruit, vegetables and some food crops have declined in the past 50 years.
- Many vitamins are easily destroyed by lengthy storage of food, processing and cooking at high temperatures.
- No artificial colours, flavours or preservatives added.

Cautions

Vitamins can only be of assistance if the dietary intake is inadequate.

This product contains selenium which is toxic in high doses. A daily dose of 100mcg of selenium from dietary supplements should not be exceeded. Selenium containing products are not suitable for use by children under the age of 15 years.

When taken in excess of 8000IU, Vitamin A can cause birth defects. If you are pregnant or considering becoming pregnant, do not take Vitamin A supplements without consulting your doctor or pharmacist. The recommended adult daily amount of vitamin A from all sources is 2,500IU.

Always read the label. Use only as directed. This product is not intended to diagnose, treat, cure or prevent any disease.

Dosage Instructions

One tablet three times a day. Not suitable for children under 15 years of age.

Ordering details

#3115

90 tablets per bottle



Vitamins + Minerals

Fat Soluble Vitamins

Important Food Sources	Function / Uses
Beta-carotene	Dark leafy green vegetables, orange fruits and vegetables
Vitamin A	Liver, cheese, eggs, carrots, spinach, squash, pumpkin, melon
Vitamin D	Fish liver oils, egg yolk, salmon, sardines
Vitamin E	Beef, corn, nuts, sunflower, wheat germ, dark leafy green vegetables, olive and canola oils, avocado

Water Soluble Vitamins

Important Food Sources	Function / Uses
Thiamin (B1)	Wholegrain, lentils, wheat germ, nuts, pork, liver, eggs, spinach, oranges, melon
Riboflavin (B2)	Avocados, wholegrain, eggs, milk, dark leafy green vegetables, chicken, beef, fish
Nicotinamide (B3)	Mushrooms, almonds, salmon, tuna, chicken, beef, legumes
Pantothenic acid (B5)	Avocados, mushrooms, liver, yoghurt, milk, egg yolk
Pyridoxine (B6)	Oatmeal, tuna, salmon, walnuts, bananas, vegetable juices
Cyanocobalamin (B12)	Liver, kidney, pork, chicken, milk, cheese, eggs
Folic acid	Green leafy vegetables, liver, soya beans, lentils, pasta
Biotin	Soya beans, liver, kidney, eggs, nuts, peas, cereals
Vitamin C	Citrus fruits, capsicum, broccoli, strawberries, blackcurrant, apricots, tomatoes

Macro Minerals

Important Food Sources	Function / Uses
Calcium	Dairy Foods, wholegrains, soya beans, almonds, green leafy vegetables
Magnesium	Almonds, figs, corn, apples, wheat germ, green vegetables
Phosphorous	Meat, poultry, eggs, dairy, products, legumes, nuts
Potassium	Meat, fruit, fruit juices, almonds, dates, avocados, carrots

Trace Minerals

Important Food Sources	Function / Uses
Chromium	Black pepper, meats, fruits, whole wheat
Copper	Oysters, lamb liver, nuts, dried legumes, sunflower seeds, mushrooms
Manganese	Nuts, liver, legume, seeds, green leafy vegetables, wheat germ, pineapple
Iodine	Seafood, vegetables, eggs, table salt (iodinised)
Iron	Liver, sesame seeds, egg yolk, almonds, dried figs and sultanas, passion fruit, spinach
Zinc	Meat, eggs, shellfish, nuts, corn, peanut butter, carrots
Molybdenum	Oats, wheatgerm, green beans, potatoes, spinach
Selenium	Brown rice, tuna, oysters, brazil nuts, poultry
Boron	Apples, pears, grapes, nuts, legumes

