

vitamins & Me.

	SUPPLEMENT FACT	S	
Serving Size: 1 Sachet, 3 Vegetarian Capsules		-	
Servings Per Container: 30 Sachets			
	k Me (Vitamin C Cellulos		
Each Cellulose Capsule contains:	Amount Per Serving	%RDA**	
		For Adult	
Vitamin C (as Ascorbic acid)	40 mg	100%	
Iron (as Carbonyl Iron)	17 mg	100%	
*Nutritional Information per serving (Approx.p	er Capsule)		
Energy	0.04 Kcal		
Protein	0.0 g		
Carbohydrate	0.01 g		
Fat	0.0 g		
*Figures based on calculated values	0		
Ingredients: Microcrystalline Cellulose, Starch,	Talc.		
Batch No:		Sest Before:	
CaD & Me	(Vitamin D3, Calcium & \	/itamin K Capsule)	
Each Cellulose Capsule contains:	Amount Per Serving	g %RDA**	
		For Adult	
Vitamin D3 (Cholecalciferol)	400 IU	100%	
Calcium (as Calcium carbonate)	100 mg	16.6%	
Magnesium (as Magnesium oxide)	56 mg	16.5%	
Vitamin K2 (Menaquinone)	55 mcg	100%	
*Nutritional Information per serving (Approx.p			
Energy	0.08 Kcal		
Protein Sachala dasha	0.0 g		
Carbohydrate	0.02 g		
Fat	0.02 g 0.0 g		
Fat *Figures based on calculated values	0.0 g	vicelluloco. Magnosium s	toorate Tale Dermitted Foo
Fat *Figures based on calculated values Other Ingredients: Starch, Croscarmellose sodi	0.0 g	ylcellulose, Magnesium s	tearate, Talc, Permitted Foo
Fat *Figures based on calculated values Other Ingredients: Starch, Croscarmellose sodi	0.0 g um, Hydroxy propylmeth		tearate, Talc, Permitted Foo
Fat *Figures based on calculated values Other Ingredients: Starch, Croscarmellose sodi colours Batch No:	0.0 g um, Hydroxy propylmeth Mfg. Date: E	est Before:	tearate, Talc, Permitted Foo
Fat *Figures based on calculated values Other Ingredients: Starch, Croscarmellose sodi colours Batch No: AX 8	0.0 g um, Hydroxy propylmeth Mfg. Date: E & Me (Anti-oxidants & Zi	est Before: nc Capsule)	tearate, Talc, Permitted Foo
Fat *Figures based on calculated values Other Ingredients: Starch, Croscarmellose sodi colours Batch No:	0.0 g um, Hydroxy propylmeth Mfg. Date: E	est Before: nc Capsule)	tearate, Talc, Permitted Foo
Fat *Figures based on calculated values Other Ingredients: Starch, Croscarmellose sodi colours Batch No: AX & Each Cellulose Capsule contains:	0.0 g um, Hydroxy propylmeth <u>Mfg. Date: E</u> & Me (Anti-oxidants & Zi Amount Per Serving	est Before: nc Capsule) %RDA**	tearate, Talc, Permitted Foo
Fat *Figures based on calculated values Other Ingredients: Starch, Croscarmellose sodi colours Batch No: AX & Each Cellulose Capsule contains: Vitamin A (Retinyl Acetate)	0.0 g um, Hydroxy propylmeth <u>Mfg. Date: E</u> & Me (Anti-oxidants & Zi Amount Per Serving 600 mcg	eest Before: nc Capsule) %RDA** For Adult	tearate, Talc, Permitted Foo
Fat *Figures based on calculated values Other Ingredients: Starch, Croscarmellose sodi colours Batch No: XX & Each Cellulose Capsule contains: Vitamin A (Retinyl Acetate) Vitamin E (DL-Alpha tocopheryl acetate)	0.0 g um, Hydroxy propylmeth <u>Mfg. Date: E</u> & Me (Anti-oxidants & Zi Amount Per Serving 600 mcg 10 mg	Best Before: nc Capsule) %RDA** For Adult 100%	tearate, Talc, Permitted Foo
Fat *Figures based on calculated values Other Ingredients: Starch, Croscarmellose sodi colours Batch No: XX & Each Cellulose Capsule contains: Vitamin A (Retinyl Acetate) Vitamin E (DL-Alpha tocopheryl acetate) Vitamin B2 (Riboflavin 5-Phosphate Sodium)	0.0 g um, Hydroxy propylmeth <u>Mfg. Date: E</u> & Me (Anti-oxidants & Zi Amount Per Serving 600 mcg 10 mg 1.4 mg	Best Before: nc Capsule) %RDA** For Adult 100% 100% 100%	tearate, Talc, Permitted Foo
Fat *Figures based on calculated values Other Ingredients: Starch, Croscarmellose sodi colours Batch No: XX & Each Cellulose Capsule contains: Vitamin A (Retinyl Acetate) Vitamin E (DL-Alpha tocopheryl acetate) Vitamin B2 (Riboflavin 5-Phosphate Sodium) Zinc (as Zinc sulphate)	0.0 g um, Hydroxy propylmeth <u>Mfg. Date: E</u> & Me (Anti-oxidants & Zi Amount Per Serving 600 mcg 10 mg	Best Before: nc Capsule) %RDA** For Adult 100% 100%	tearate, Talc, Permitted Foo
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Fat *Figures based on calculated values Other Ingredients: Starch, Croscarmellose sodi colours Batch No: X & Each Cellulose Capsule contains: Vitamin A (Retinyl Acetate) Vitamin E (DL-Alpha tocopheryl acetate) Vitamin B2 (Riboflavin 5-Phosphate Sodium) Zinc (as Zinc sulphate) Selenium (as Sodium selenite) Vitamin C (Ascorbic acid) *Nutritional Information per serving (Approx.p Energy Protein Carbohydrate	0.0 g um, Hydroxy propylmeth <u>Mfg. Date: E</u> & Me (Anti-oxidants & Zi Amount Per Serving 600 mcg 10 mg 1.4 mg 12 mg 40 mcg 20 mg er Capsule) 0.2 Kcal 0.0 g	Best Before: nc Capsule) %RDA** For Adult 100% 100% 100% 100% 100% 100%	tearate, Talc, Permitted Foo
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