



vitamins & me.

SUPPLEMENT FACTS		
Serving Size: 1 Sachet, 3 Capsules Servings Per Container: 30 Sachets		
C & Me (Vitamin C & Iron Capsule)		
Each Cellulose Capsule contains:	Amount Per Serving	%RDA** For Adult
Iron (as Carbonyl Iron)	17 mg	100%
Vitamin C (as Ascorbic acid)	40 mg	100%
*Nutritional Information per serving (Approx.per Capsule)		
Energy	0.04 Kcal	
Protein	0.0 g	
Carbohydrate	0.01 g	
Fat	0.0 g	
*Figures based on calculated values		
Ingredients: Microcrystalline Cellulose, Starch, Talc.		
Batch No:	Mfg. Date:	Best Before:
CaD & Me (Vitamin D3, Calcium & Vitamin K Capsule)		
Each Cellulose Capsule contains:	Amount Per Serving	%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.per Capsule)		
Energy	0.08 Kcal	
Protein	0.0 g	
Carbohydrate	0.02 g	
Fat	0.0 g	
*Figures based on calculated values		
Other Ingredients: Starch, Croscarmellose sodium, Hydroxy propylmethylcellulose, Magnesium stearate, Talc, Permitted Food colours		
Batch No:	Mfg. Date:	Best Before:
B & Me (Vitamin B-Complex Capsule)		
Each Cellulose Capsule contains:	Amount Per Serving	%RDA** For Adult
Vitamin B1 (Thiamine mononitrate)	1.2 mg	100%
Vitamin B2 (Riboflavin 5-Phosphate Sodium)	1.4 mg	100%
Vitamin B6 (Pyridoxine Hydrochloride)	2.0 mg	100%
Vitamin B12 (Cyanocobalamin)	1.0 mcg	100%
Folic Acid	200 mcg	100%
Biotin	30 mcg	100%
Pantothenic acid	5.0 mg	100%
Niacin	16 mg	100%
*Nutritional Information per serving (Approx.per Capsule)		
Energy	0.04 Kcal	
Protein	0.0 g	
Carbohydrate	0.01 g	
Fat	0.0 g	
*Figures based on calculated values		
Other Ingredients: Microcrystalline Cellulose, Povidone, Sodium starch glycolate, Talc, Magnesium Stearate.		
Batch No:	Mfg. Date:	Best Before:
**%RDA as established by ICMR 2010 guidelines.		
Appropriate overages are added to compensate loss of potency during storage.		
Recommended Usage: One Sachet (3 capsules) daily with a meal or as directed by the Healthcare Professional. Warning: Consult a Physician before using this product if you are pregnant, nursing, taking any medication or having any medical conditions. Storage: Store in a cool, dry & dark place. Keep out of reach of children. This product is not intended to diagnose, treat, cure or prevent any disease. Do not use if seal of sachet is broken.		
Marketed by: WINMAK NUTRILABS™ PVT. LTD. DIETARY SUPPLEMENT, NOT FOR MEDICINAL USE		

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