



vitamins & Me.

SUPPLEMENT FACTS		
Serving Size: 1 Sachet, 2 Capsules		
Servings Per Container: 30 Sachets		
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:
AX & Me (Anti-oxidants & Zinc Capsule)		
Each Cellulose Capsule contains:	Amount Per Serving	%RDA** For Adult
Vitamin A (Retinyl Acetate)	600 mcg	100%
Vitamin E (DL-Alpha tocopheryl acetate)	10 mg	100%
Vitamin B2 (Riboflavin 5-Phosphate Sodium)	1.4 mg	100%
Zinc (as Zinc sulphate)	12 mg	100%
Selenium (as Sodium selenite)	40 mcg	100%
Vitamin C (Ascorbic acid)	20 mg	50%
*Nutritional Information per serving (Approx.per Capsule)		
Energy	0.2 Kcal	
Protein	0.0 g	
Carbohydrate	0.05 g	
Fat	0.0 g	
*Figures based on calculated values		
Other Ingredients: Microcrystalline Cellulose, Povidone, Hydroxy propylmethylcellulose, Talc, Croscarmellose sodium, Permitted Food colours		
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 (2 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		

For further details email: vitaminsandme@winmak.in