Updated June 2026

Label

Supplement Facts

Serving Size 1 Tablet per day
Take with food and a glass of water

	Amounts Per Serving	% EU NRV		Amounts Per Serving	% EU NRV
Vitamin A	800µg	**100%**	Copper	1mg	**100%**
Vitamin D3	5µg	**100%**	Manganese	2mg	**100%**
Vitamin E	12mg	**100%**	Chromium	40µg	**100%**
Vitamin B1	1.65mg	**150%**	Molybdenum	50µg	**100%**
Vitamin B2	2.1mg	**150%**	Choline Bitartrate	15mg	N/A
Vitamin B3	16mg	**100%**			
Vitamin B5	6mg	**100%**	Inositol	15mg	N/A
Vitamin B6	2.1mg	**150%**	Lutein	2mg	N/A
Vitamin B12	50µg	**2000%**	Rutin	20mg	N/A
Vitamin C	80mg	**100%**	Astaxanthin Extract	10mg	N/A
Vitamin K2	75µg	**100%**			
Folate	400µg	**200%**	Citrus Bioflavonoids	20mg	N/A
Biotin	50µg	**100%**			
Coenzyme Q10	10mg	N/A	**Total Superfood complex**	**250mg**	
Calcium	120mg	**15%**			
Iron	14mg	**100%**	Goji Berry Extr	90mg	N/A
Iodine	150µg	**100%**	Bilberry Extr	40mg	N/A
Magnesium	57mg	**15%**	Green Tea Extr	50mg	N/A
Zinc	10mg	**100%**	Resveratrol	50mg	N/A
Selenium	55µg	**100%**	Pumpkin Seed Extract	20mg	N/A

See overleaf for full ingredients list.

VV6

VEGETOLOGY™

MULTI VIT

ALL IN ONE EVERYDAY HEALTH

26 VITAMINS & MINERALS + SUPERFOOD COMPLEX

60 TABLETS | FOOD SUPPLEMENT

vegetology.com

Nutritional Facts: Figures as per United States FDA guidelines. Servings: 60, **Serv. size: 1 tablet**. Amount per serving: **Calories** 0.435, **Total Fat** 0.01g (0.01% DV), Sat. Fat 0.009g (0.05% DV), Trans Fat 0g (0% DV), **Cholest.** 0mg (0% DV), **Sodium** 2mg (0.1% DV), Total Carb. 0.065g (0.02% DV), Fibre 0.338mg (1.35% DV), Total Sugars 0.014g (Incl. 0.014g Added Sugars, 0.03% DV), **Protein** 0.02g (0.04% DV), Vit D 5µg (50% DV), Calcium 120mg (12% DV), Iron 14mg (77% DV), Potas. 0g (0% DV).

Allergy advice: Free from gluten, sugar, wheat & dairy.

Warning: Store in a cool dry place, out of reach of children. Food supplements should not be used as a substitute for a varied diet. Do not exceed the stated dose.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Peel back for more information

5 060351 380157

Peel back information

MULTIVIT

Vegetology MultiVit is a balanced and optimised multivitamin scientifically formulated to benefit body and mind. It contains 26 vitamins and minerals together with our proprietary 'super food' complex of brilliant plants that offer additional antioxidant and invigoration. Combined into one tablet, MultiVit uses advanced mineral and amino acid chelates to enable optimum absorption and bioactivity of each nutrient in the body.

Key Benefits
The nutrients in MultiVit contribute to:

- normal energy-yielding metabolism
- normal function of the immune system
- normal functioning of the nervous system
- the reduction of tiredness and fatigue
- normal psychological function, cognitive function, and mental performance
- the protection of cells from oxidative stress
- the maintenance of normal bones, teeth, hair, skin, nails, muscle function and vision
- normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin, and teeth

Ingredients: Calcium Carbonate, Magnesium Citrate, Microcrystalline Cellulose, Ascorbic Acid, Super Food Blend (Goji Berry Extract, Bilberry Extract, Green Tea Extract, Pumpkin Seed Extract, Resveratrol (Grape Extract)), Citrus Bioflavonoids Complex, Choline Bitartrate, Iron Amino Acid Chelate, D-Alpha Tocopherol, Nicotinamide, Anticaking agents (Magnesium stearate, Silicon Dioxide), Rutin, Astaxanthin Extract (Modified Starch, Haematococcus Pluvialis), Inositol, Calcium Pantothenate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Kelp Leaf Extract, Riboflavin, Zinc Citrate, Selenium Methionine, Mixed Carotenoid Complex, Vitamin A (Maltodextrin, Corn Starch, Vitamin A), Manganese Sulphate, Co-enzyme Q10, Lutein Powder, Copper Bisglycinate, Vitamin D (Medium Chain Triglyceride, Arabic Gum, Sodium Ascorbate, Cholecalciferol), Beta Carotene, Vitamin K2, Folate, Chromium Picolinate, Sodium Molybdate, Biotin, Vitamin B12, Tablet coating (Hydroxypropylmethyl Cellulose, Glycerol).

Vegetology, Nottingham NG7 5HF, UK. Tel: USA 888 2772680 Worldwide +44 (0) 800 1700184

Bottle is made with eco-plastic from sugar cane. It is CO2 neutral, 100% recyclable and 100% biodegradable in under 10 years.