VEGETOLOGY™+



Women's Multi +

Everyday health for women

29 Vitamins, Minerals & Active Botanicals
with Creatine & Cranberry

60 Capsules
Food Supplement

Supplement Facts

Serving size 2 Capsules per day

	Amounts per serving	% EU NRV
Vitamin A	240 µg	30%
Vitamin D3	10 µg	200%
Vitamin E	15 mg	125%
Vitamin B1	8 mg	727%
Vitamin B2	5 mg	357%
Vitamin B3	36 mg	225%
Vitamin B5	6 mg	100%
Vitamin B6	10 mg	714%
Vitamin B12	20 µg	800%
Vitamin C	60 mg	75%
Vitamin K2	90 µg	120%
Folate	400 µg	200%
Biotin	50 µg	100%
Copper	1.5 mg	150%
Manganese	2.5 mg	125%
Iron	12 mg	43%
Chromium	50 µg	125%
Selenium	100 µg	182%
Iodine	75 µg	50%
Magnesium	56.25 mg	15%
Zinc	12 mg	120%
Choline	10.22 mg	N/A
Calcium	120 mg	15%
Creatine Monohydrate	300 mg	N/A
Chicory Root Inulin	150 mg	N/A
Cranberry	950 mg	N/A
Citrus Bioflavonoids	7 mg	N/A
Lutein	3 mg	N/A
Korean Ginseng Extract	50 mg	N/A

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

Serving Size: 2 Capsules per day.
Take with food and a glass of water.

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

Made in the United Kingdom.

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

Vegetarian Society APPROVED

The Vegan Society Vegan

vegetology.com

Peel back for more information.

Ingredients: Calcium Carbonate, Creatine Monohydrate, Capsule Shell (Hydroxypropyl Methylcellulose), Magnesium Bisglycinate, Chicory Root Extract, Ascorbic Acid, DL-Alpha-Tocopheryl Acetate, Zinc Citrate, Ferrous Fumarate, Nicotinamide, Cranberry Extract, Marigold Extract, Choline Bitartrate, Citrus Bioflavonoids, Magnesium Stearate, Maltodextrin, Pyridoxine HCl, Manganese Citrate, Thiamine HCl, Kelp Extract, Menaquinone-7, Calcium D-Pantothenate, Riboflavin, Copper Citrate, Vitamin D3 (Medium Chain Triglycerides, Arabic Gum, Cholecalciferol), Beta Carotene, Panax Ginseng Extract, 5-Methyltetrahydrofolate, Chromium Picolinate, Sodium Selenite, Biotin, Cyanocobalamin.

Nutritional Facts: Figures as per United States FDA guidelines. **Servings: 30, Serv. size: 2 capsules.** Amount per serving: **Calories 5, Total Fat** 0.02g (0.02% DV), Sat. Fat 0.018g (0.09% DV), Trans Fat 0g (0% DV), Cholesterol 0mg (0% DV), Sodium 0mg (0% DV), **Total Carbohydrate** <1g (<1% DV), Fibre 0g (0% DV), Total Sugars 0g, **Protein** 0g (0% DV), Vitamin D 10μg (50% DV), Calcium 120mg (9% DV), Iron 12mg (67% DV), Potassium 0mg (0% DV), Vitamin B12 20μg (833% DV).