



multivit

low-carb-support.com

Take 3 tablets daily with meals.
Do not exceed stated dose.

	3 tablets contain	% RDA*
Vitamin A	800µg	100%
Vitamin D3	9µg	180%
Vitamin E	90mg	750%
Vitamin C	600mg	750%
Vitamin B1 (thiamine)	30mg	2727%
Vitamin B2 (riboflavin)	30mg	2143%
Vitamin B3 (niacin)	18mg	113%
Vitamin B5 (pantothenic acid)	60mg	1000%
Vitamin B6 (pyridoxine)	45mg	3214%
Vitamin B7 (biotin)	150µg	300%
Vitamin B9 (folic acid)	450µg	225%
Vitamin B12	60µg	2400%
Chromium	300µg	750%
Copper	0.75mg	75%
Magnesium	60mg	16%
Manganese	0.75mg	38%
Molybdenum	30µg	60%
Selenium	99µg	180%
Zinc	18mg	180%
L-carnitine	600mg	-
N-acetyl-L-cysteine	60mg	-
Grape seed extract	30mg	-
Green tea extract	120mg	-

* Recommended Daily Allowance (EU)

µg = microgram, mg = milligram

Food supplements are not a substitute for a varied and balanced diet. You will find it easier to lose weight if you exercise and avoid alcohol.



**HIGH-POTENCY FORMULA
EXTRA-STRONG B-VITAMINS
IRON-FREE**

multivit

**Multivitamin / multimineral
with chromium, L-carnitine
and green tea extract**

90 tablets

More information on low-carb diets:
low-carb-support.com

Nutri-Align

WARNINGS: Do not take this product if you are breastfeeding, pregnant or likely to become pregnant. If you are taking any medications, are under medical supervision, or suffer from any food allergies, consult a doctor before use. This product may cause a change in urine colour due to vitamin B2, which is normal. Long-term intakes of 45mg of vitamin B6 may lead to mild tingling and numbness.

This product is not suitable for anyone under 18 years of age. Close tightly and keep out of sight and reach of children. Discontinue use and consult a doctor immediately if any adverse reactions occur, or in case of accidental overdose. Store in a cool, dry place. Do not use if seal is broken or missing.

INGREDIENTS: Vitamin C (as Ascorbic Acid), Acetyl L-Carnitine, Green Tea Extract, Vitamin E (as DL-Alpha-Tocopherol Acetate), Magnesium Oxide, Pantothenic Acid, N-Acetyl-L-Cysteine, Vitamin B6, Niacin, Thiamine, Vitamin B2, Grape Seed Extract, Zinc Citrate Dihydrate, Vitamin A (as Retinyl Acetate), Vitamin D3, Vitamin B12, Manganese Gluconate, Copper Gluconate, Chromium Picolinate, Folic Acid, Sodium Selenite, Biotin (Pure), Sodium Molybdate, Microcrystalline Cellulose, Dicalcium Phosphate, Magnesium Stearate, Silica



Low-carbohydrate diets restrict the intake of sugars and starchy foods, which may result in fat being metabolised for energy instead of glucose. In the initial stages of some low-carb diets, you might consume less fruit and vegetables than usual, and experience tiredness.

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Our formula contains the following nutrients:

contributes to:	reduction of tiredness and fatigue	normal energy-yielding metabolism	protection of cells from oxidative stress
nutrient:			
Riboflavin	✓	✓	✓
Vitamin C	✓	✓	✓
Niacin	✓	✓	✓
Pantothenic acid	✓	✓	✓
Vitamin B6	✓	✓	✓
Magnesium	✓	✓	✓
Vitamin B12	✓	✓	✓
Copper	✓	✓	✓
Manganese	✓	✓	✓
Biotin	✓	✓	✓
Thiamine	✓	✓	✓
Vitamin E			✓
Selenium			✓
Zinc			✓

BEST BEFORE: AUGUST 2014

Sold by: Nutri-Align Ltd | info@nutri-align.com
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