

Multibionta Vitality Tailored Multivitamin with Minerals & Biotic Cultures



Category
Vitamins, Minerals and
Nutritionals
Manufacturer
P&G HEALTH
Pack size
28, 60, 90
RRP
£6.77, £11.77, £16.36
Legal Status
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Uses



Format and Ingredients and %NRV

Three layered tablet containing:

Vitamin A 800mcg RE 100, Vitamin D 10µg 100, Vitamin E 10mg α -TE 83, Vitamin C 120mg 75, Vitamin B1 (thiamin) 1.4mg 127, Vitamin B2 (riboflavin) 1.6mg 114, Niacin 18mg NE 113, Vitamin B6 2mg 143, Folic Acid 200µg 100, Vitamin B12 3µg, Iron 5mg 36, Magnesium 56mg 15, Zinc 10mg 100, Iodine 100µg 67, Manganese 0.4mg 20, Chromium 25µg 63, Selenium 55µg 100, Pantothenic acid 6mg 100, Biotic cultures 10 million, Bifidobacterium Bifidum MF,



Dosage

Adults: 1 tablet a day.