

DIRECTIONS: As a food supplement for adults, take 1 or 2 capsules daily with food.
Do not exceed stated dose unless directed by a healthcare practitioner.

INGREDIENTS: TWO VEGETARIAN CAPSULES TYPICALLY PROVIDE

MAGNIFOOD COMPLEX 350mg

PROVIDING:

Kale (fresh freeze dried) 100mg
Blackberry Fruit (fresh freeze dried) 50mg
Bilberry Fruit (fresh freeze dried) 50mg
Pumpkin Seed 50mg
Stabilised Rice Bran 50mg
Beetroot Juice & Greens (fresh freeze dried) 25mg
Spinach (fresh freeze dried) 25mg

Vegetarian Capsule Shell 236mg
Calcium (as carbonate, citrate, ascorbate) 100mg
Magnesium (as oxide, citrate, ascorbate) 50mg
Iron (as bisglycinate) 15mg
Zinc (as ascorbate) 10mg
Citrus Bioflavonoids 20mg
DHA (docosahexaenoic acid - vegetarian) 15mg
Vitamin E (d-alpha tocopheryl succinate - 30iu) 20mg
Natural Beta Carotene/Mixed Carotenoids 2mg
Niacin (as nicotinamide) 15mg
Choline (as bitartrate) 5mg
Copper (as gluconate) 1mg
Vitamin B6 (as pyridoxine hydrochloride) 5mg
Vitamin C (as Ca, Mg, Zn ascorbate) 60mg
Pantothenic Acid (as calcium pantothenate) .. 5mg
Inositol 5mg
Manganese (as bisglycinate) 0.5mg
Selenium (as selenomethionine) 25ug
Vitamin D2 (vegan source - 400iu) 10ug
Vitamin B1 (as thiamin mononitrate) 3mg
Vitamin B2 (riboflavin) 3mg
Folic Acid 400ug
Chromium (as picolinate) 20ug
Iodine (as potassium iodide) 100ug
Biotin 150ug
Vitamin B12 (as cobalamin) 5ug

**NO FILLERS, BINDERS OR OTHER EXCIPIENTS
SUITABLE FOR VEGETARIANS AND VEGANS**

* European Community Recommended Daily Amount