SWEDISH NUTRA

EN | 500 ml

WOMAN MULTIVITAMIN

+ Hair Support

Food supplement for women aged 18+

Biotin, zinc and selenium contribute to the maintenance of normal hair.

Natural orange flavour. With sugar and sweetener.

Recommended use: Take 15 ml each morning. Shake before use. Take directly or mix with approximately 200 ml of liquid. The bottle provides 33 full daily servings.

Vitamins and minerals

Ingredient	Per 15 ml	% NRV*
Vitamin A	800 µg	100 %
Vitamin D3	25 µg	500 %
Vitamin E	39 mg	325 %
Vitamin K2	50 µg	67 %
Vitamin C	160 mg	200 %
Vitamin B1	15 mg	1364 %
Vitamin B2	19 mg	1357 %
Vitamin B3 (niacin)	20 mg	125 %
Vitamin B5	25 mg	417 %
Vitamin B6	8 mg	571 %
Biotin (B7)	5000 µg	10000 %
Folic acid (B9)	400 µg	200 %
Vitamin B12	265 µg	10600 %
Molybdenum	50 µg	100 %
Magnesium	57 mg	15 %
Zinc	10 mg	100 %
Selenium	55 µg	100 %
Copper	500 µg	50 %
Manganese	2 mg	100 %
Chromium	170 µg	425 %
Iodine	150 µg	100 %

Other ingredients

Ingredient	Per 15 ml	% NRV*
Blend of 72 sea-sourced trace minerals	25 mg	-
Choline L-bitartrate	90 mg	-
Ginseng (Panax ginseng C. A. Meyer), root	100 mg	-
Inositol	25 mg	-
Hyaluronic acid (sodium hyaluronate)	25 mg	-
Silica (bamboo extract)	7.5 mg	-
Coenzyme Q10 (ubiquinone)	5 mg	-
Lutein	10 mg	-
Zeaxanthin	2.5 mg	-
Omega-3 (vegan source)	10 mg	-
Caffeine	50 mg	-

* NRV = nutrient reference value for adults. - NRV not established.
Percentages are rounded as in the manufacturer's specification.

Full ingredients

Multi-filtered water, beet sugar, magnesium gluconate, choline, vitamin C, acidity regulators (citric acid, malic acid), vitamin E, zinc gluconate, caffeine, lutein, magnesium bisglycinate, zeaxanthin, natural flavourings, L-lysine, vitamin B5, sweetener (steviol glycosides), sodium hyaluronate, inositol, L-glycine, L-proline, L-arginine, L-leucine, blend of 72 sea-sourced trace minerals, vitamin B3, vitamin B2, vitamin B1, manganese, silica, preservatives (potassium sorbate, sodium benzoate), emulsifier (xanthan gum), vitamin D from lichen, omega-3, vitamin B6, vitamin A, ginseng (Panax ginseng C. A. Meyer), coenzyme Q10, biotin, vitamin K2, Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus salivarius, copper bisglycinate, chromium, folic acid, vitamin B12, iodine, beta-carotene, selenium, molybdenum.

Five amino acids - 25 mg each per 15 ml

L-glycine, L-proline, L-arginine, L-lysine and L-leucine.

Bacterial blend declared by the manufacturer

Bifidobacterium lactis BLa80; Lactobacillus acidophilus LA85; Lactobacillus plantarum Lp90; Lactobacillus salivarius LS97.

Warnings and storage

Contains caffeine. Not recommended for children or pregnant women (50 mg per daily serving of 15 ml). Not suitable for breastfeeding women. Do not exceed the recommended daily serving. Food supplements should not replace a varied, balanced diet and a healthy lifestyle. Keep out of reach of young children. For ages 18 and over. Consult a doctor before use if you have a medical condition or take medication. Discontinue use if adverse reactions occur.

Store in a dry, cool place, protected from sunlight. Refrigerate after opening and use within 2 months.

According to the manufacturer, suitable for vegans, non-GMO and free from wheat, gluten, soya, eggs, nuts and milk.

Manufacturer: Swedish Nutra AB, Lodgatan 19, 211 24 Malmö, Sweden. · 2714
Best-before date and batch: see original packaging.
Supplementary information sheet for the originally labelled product.