

# Fizzy Vitamins™

## 16 Essential Vitamins

**Suggested Use:** Take 1 Effervescent Tablet daily. (Dissolve fully in glass of water)

**Serving Size:** 1 Effervescent Tablet. Servings per Tube 15

**Directions for use:** As a dietary supplement, take 1 Effervescent Tablet daily, Dissolve fully in glass of water, preferably with meals. Multi Vitamin benefits are well-documented in medical research and provide daily support to the immune system. Do not exceed recommended amount unless directed by a physician.

**Cautions:** Not intended for use by persons under the age of 18.

Always consult your GP before taking Nutritional Supplements, especially if you are taking medication, have an existing medical condition or are due to undergo surgery.

You should not take supplements as a substitute for a varied balanced diet or a healthy lifestyle.

Consult your GP if pregnant or lactating mothers. For best before date see base of tube.

Store in a cool dry place.

### FOOD SUPPLEMENT - FACTS

Nutrient	unit	Amount Per 4.5g Tablet	NRV%*
Vitamin A (retinyl acetate)	mg	0.8	100
Vitamin B1 (Thiamine)	mg	2.2	200
Vitamin B2 (Riboflavin)	mg	2.8	200
Vitamin B3 (Niacin)	mg	32	200
Vitamin B5 (Pantothenate)	mg	12	200
Vitamin B6 (Pyridoxine)	mg	2.8	200
Vitamin B7 (Biotin)	mg	0.1	200
Vitamin B12 (Methylcobalamin)	mg	0.005	200
Vitamin C (L-ascorbic acid)	mg	160	200
Vitamin D3 (Cholecalciferol)	mg	0.01	200
Vitamin E (DL- $\alpha$ -tocopheryl acetate)	mg	24	200
Vitamin K1 (phytomenadione)	mg	0.075	100
Choline	mg	82.5	**
Bioflavonoids	mg	5	**
Folic Acid	mg	0.4	200
Inositol	mg	50	**

\* Nutrient Reference Value \*\* daily value not established

Other Ingredients: Acid citric acid, acidity regulator sodium hydrogen carbonate, humectant sorbitol, inulin, fructose, acidity regulator sodium carbonate, flavour, starch, anti-caking agent tricalcium phosphate, maltodextrin, sweetener steviol glycosides, red beet juice powder,

**LACTOSE FREE, GLUTEN FREE, GMO FREE, SUITABLE FOR VEGETARIANS.**

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