



Pre & Probiotic with Multivitamins & Minerals



WHAT IS IT?

This product has been specially formulated to include multivitamins, minerals, Probiotic and Prebiotic nutrients. Probiotics are natural 'friendly' bacteria that exist in the body and help to support and maintain digestive and immune systems. Prebiotics are food components that improve the food supply in the gastrointestinal tract so that the beneficial bacteria can grow & flourish.

KEY BENEFITS

Probiotics compete with harmful bacteria in the gastrointestinal tract for food and prevent the transport of pathogens into the body. We develop a deficiency of beneficial bacteria as we get older and therefore become more vulnerable to infections. Probiotics also increase the uptake of important minerals from the gastrointestinal tract thus preventing deficiencies which lower immunity. Probiotics improve food supply in the intestines.

EACH CAPSULE PROVIDES

	Typical Weight	* % RDA
Vitamin A	800ug RE	100
Vitamin E	10mg a TE	100
Vitamin C	60mg	100
Vitamin B1	1.4mg	100
Vitamin B2	1.6mg	100
Niacin	18mg NE	100
Vitamin B6	2mg	100
Folic Acid	200ug	100
Vitamin B12	1ug	100
Biotin	150ug	100
Pantothenic Acid	6mg	100
Calcium	60mg	7.5
Iron	14mg	100
Magnesium	60mg	20
Zinc	15mg	100
Iodine	150ug	100
Selenium	50ug	-
Manganese	50ug	-
Chromium	25ug	-
Molybdenum	20ug	-
L-Glutamine	50mg	-
Fructo-oligosaccharides	50mg	-
Lactobacillus acidophilus & Bifidobacterium combined	20 million CFU	-

DIRECTIONS FOR USE

12 Years and above - Take one capsule daily.

INGREDIENTS

Capsule Shell (Hydroxypropyl Methyl Cellulose), Calcium Carbonate, Magnesium Oxide, Vitamin C, Fructo-oligosaccharides, L-Glutamine, Zinc Citrate, Ferrous Fumarate, Vitamin E preparation (DL Alpha Tocopheryl Acetate, Starch, Maltodextrin, Silicon Dioxide), Nicotinamide, Silica, Potassium Citrate, Calcium Pantothenate, Vegetable Magnesium Stearate, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Vitamin A preparation (Maize starch, Pork Gelatin, Sucrose, BHT), Folic Acid, Potassium Iodide, Biotin, Manganese Sulphate, Sodium Selenite, Chromium Chloride, Potassium Molybdate, Lactobacillus Acidophilus, Bifidobacterium Bifidum, Vitamin B12.

WARNINGS

This product contains Vitamin A. Do not take if you are pregnant or a likely to become pregnant except on the advice of a doctor or antenatal clinic.
This product also contains Iron, which if taken in excess can be harmful to young children.

CAUTION

Do not exceed stated dose.
Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.
Check that the inner seal is intact before first use.
Keep out of sight and reach of children.
Store in a cool dry place.

**Recommended Daily Allowance*

If you are unable to find our products in a store near you contact us on 01756 792 600, or order online at [Omega4](#)

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