

## INGREDIENTS

Vitamin A 800mcg (100% RDA)  
Vitamin D 5mcg (100% RDA)  
Vitamin E 10mg (100% RDA)  
Vitamin C 60mg (100% RDA)  
Thiamin (Vit B1) 1.4mg (100% RDA)  
Riboflavin (Vit B2) 1.6mg (100% RDA)  
Niacin 18mg (100% RDA)  
Vitamin B6 2mg (100% RDA)  
Folic Acid 200mcg (100% RDA)  
Vitamin B12 1mcg (100% RDA)  
Biotin 0.15mg (100% RDA)  
Pantothenic Acid 6mg (100% RDA)  
Iron 14mg (100% RDA)



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NATURESBOND 

# Multi-Vitamins plus Iron

180 TABLETS

FOOD SUPPLEMENT

## DIRECTIONS

Take one tablet a day with food.  
\*RDA: Recommended Daily Allowance.

## CAUTION

This supplement contains a specially balanced combination of all the essential vitamins and iron for healthy hair, skin and nails, strong bones and teeth and also maintain vitality, fitness and health.

STORE IN A COOL DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.  
DO NOT EXCEED THE STATED DOSE.  
DO NOT TAKE SUPPLEMENTS AS A  
SUBSTITUTE FOR A VARIED BALANCED  
DIET.

[www.naturesbond.co.uk](http://www.naturesbond.co.uk)  
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