A single dose of 7 g of powder dissolved in 150mL of still water contains: Calcium lactate 1050 mg (equivalent to Calcium 140 mg) Magnesium carbonate hydrate 273 mg (equivalent to Magnesium 66 mg) Zinc gluconate 18.48 mg (equivalent to Zinc 2.5 mg) Copper gluconate 3.22 mg (equivalent to Copper 0.45 mg) High selenium yeast 8.4 mg (equivalent to Selenium 17 microgram) Ascorbic acid (Vitamin C) 60 mg Nicotinamide 14.98 mg (equivalent to Niacin 15 mg NE) dl-alpha-tocopherol acetate 14.9 mg (Vitamin E 10 mg α-TE) Calcium pantothenate 5.46 mg (equivalent to Pantothenic Acid 5.0 mg) Thiamine hydrochloride 1.75 mg (Vitamin B1 1.4 mg) Riboflavin (Vitamin B2) 1.3 mg Folic Acid 120 microgram

Betacarotene (Provitamin A) 2.03 mg (equivalent to Vitamin A 333 microgram RE) Cyanocobalamin (Vitamin B12) 2 microgram Pyridoxine hydrochloride 1.96 mg (equivalent pyridoxine (Vitamin B6) 1.61 mg

Biotin 30 microgram

Colecalciferol 7.7 microgram

Maintains zinc, copper and selenium levels in the body. Maintains Vitamin A, B₁, B₂, B₆, B₁₂, D, E, C, Niacin, Pantothenic acid and Biotin levels in the body.

Exclusively developed and manufactured for PM-International Group.

CAUTION: Do not exceed the stated recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Keep out of reach of young children. This medicine contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults from dietary supplements should not be exceeded. Contains sugars.



Food supplement in powder form with 11 vitamins. provitamin A. minerals and trace elements. Flavour: Orange. With sugars and sweetener. Sweetener: Steviol Glycosides from Stevia of vegetable origin.

PREPARATION/RECOMMENDATION: Add 4 leveled scoops (7q) into an empty glass, add 150 ml of still water and stir until the powder dissolves. Drink immediately. Take once a day.

equals 30 portions each with 7 g powder

Excellent product quality according to international GMP standards.

Certified by: Halal Quality Control (HQC)

Best before end and Lot No.; see bottom of can. Store below 25 degrees C in a cool, dry place.

Manufactured for: PM International AG An der Hofweide 17, 67346 Speyer, Germany

PH: +61 2 9793 1170

Distributed by: PM-International Australia Pty Ltd

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Powder for oral liquid