

# Maxi-Hair®

Nutrients relevant for healthy hair

## Presentation

A pale pink oval coated tablet.

### Each tablet delivers:

Vitamin D3	10µg	Calcium (as phosphate)	75mg
Vitamin E	20mg	Magnesium (as oxide)	150mg
Vitamin K1	70µg	Iron (as ferrous fumarate)	17mg
Vitamin C	70mg	Zinc (as citrate)	15mg
Thiamin (Vitamin B1)	10mg	Copper (as sulphate)	1mg
Riboflavin (Vitamin B2)	10mg	Manganese (as sulphate)	0.5mg
Niacin (Vitamin B3)	20mg	Selenium (as L-Selenomethionine/Selenite)	100µg
Pyridoxine (Vitamin B6)	10mg	Chromium (as picolinate)	80µg
Folic Acid	400µg	Iodine (as potassium iodide)	150µg
Vitamin B12	6µg	Choline Bitartrate	5mg
Biotin	150µg	Inositol	5mg
Pantothenic Acid (Vitamin B5)	5mg		

quantity  
60

type  
tablets

code  
8446



### Tableted with:

DiCalcium Phosphate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide & Iron Oxides), Anti-caking Agents (Silicon Dioxide, Magnesium Stearate), Stearic Acid, Crosslinked Cellulose Gum.

**Disintegration time:** Less than 1 hour.

**Suitable for vegetarians** (V)

## Uses

Vitamins and minerals are essential to health and vitality, and consequently to the health and appearance of skin and hair. Although these nutrients occur naturally in various foods, adequate nutrition is not always achieved and there may be a risk of dietary deficiencies. Maxi-Hair® is ideal for those whose diets may not be providing adequate vitamins and minerals. In fact, this multiple formulation contains such a good spread of nutrients, that there is no need to take any other multi at the same time.

For women concerned about thinning hair, product 8440 Florisene® may be more suitable.

### Usage and administration

1 tablet daily.

### Allergen advice

None (see page 194).

### Cautions

This product contains iron, which if taken in excess, may be harmful to young children. Keep out of sight and reach.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

