

# Premtesse®

For women of menstruating age

## Presentation

**A pink oval coated tablet.**

### Two tablets deliver:

Vitamin A	700µg	Biotin	150µg
Vitamin D3	10µg	Pantothenic Acid (Vitamin B5)	10mg
Vitamin E	10mg	Calcium (as carbonate)	100mg
Vitamin K1	75µg	Iron (as fumarate)	15mg
Vitamin C	80mg	Magnesium (as oxide & citrate)	250mg
Thiamin (Vitamin B1)	10mg	Zinc (as citrate)	15mg
Riboflavin (Vitamin B2)	10mg	Iodine (as potassium iodide)	150µg
Niacin (Vitamin B3)	16mg	Copper (as sulphate)	0.5mg
Vitamin B6 (as P5P)	10mg	Chromium (as chloride)	200µg
Folic Acid	400µg	Selenium (as L-Selenomethionine & Sodium Selenite)	110µg
Vitamin B12	50µg		

### Tableted with:

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

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

**Suitable for vegetarians** (V)

**quantity**  
60

**type**  
tablets

**code**  
8439



## Uses

Premtesse® is a unique high strength multinutrient formula especially developed for women of menstruating age.

This advanced formula has all the most important micronutrients well represented. It contains 20 nutrients, including vitamin B6 in the active form, pyridoxal-5 phosphate (P5P) that is known to be of help with the monthly cycle. An impressive 250mg of magnesium is included, (a level rarely found in other multis), as it is known to contribute to the reduction of tiredness and fatigue. Chromium contributes to the maintenance of normal blood glucose levels, (and may therefore reduce sugar cravings), plus zinc and vitamin C for the immune system and iron to help replace monthly loss. Premtesse® can be used alongside other supplements such as Evening Primrose Oil.

### Usage and administration

2 tablets daily.

### Allergen advice

None (see page 194).

### Cautions

This product is not recommended for pregnant or lactating women. This product contains iron, which, if taken in excess, may be harmful to very 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.

