

NEW

IMMUNE COMPLETE

Multivitamin and mineral with immune support for men and post-menopausal women

V451



An all-encompassing multivitamin, mineral and phytonutrient formula with good levels of key immune supporting nutrients such as zinc, selenium and vitamins A, C and D. It also contains the powerful flavonoids quercetin and resveratrol, N-Acetyl-Cysteine and 1-3, 1-6 beta glucan to support your body's immune system.

- This supplement can help support Winter wellness as well as protect against seasonal allergies.
- Does not include iron and is therefore ideally suited to men and post-menopausal women.
- High in natural phyto-antioxidants and immune system primers.
- Includes optimal levels of vitamins A, C and D, zinc, and selenium, all of which contribute to the normal function of the immune system, which is your body's defence against infection and disease.
- Our vitamin D is provided as D3, the most bio-effective form, from lichen, which is also suitable for vegans.
- Vitamin D is now considered one of the most vital vitamins for immunity at all stages of life - and one of the most depleted.

Immune Complete

2 capsules provide on average:

Active Nutrient	Strength	%NRV+
Vitamin A	1.5mg/5000 i.u	187.5
Vitamin D3	40µg	800
Vitamin E	8mg	66
Vitamin C	160mg	200
Vitamin B1	10mg	908
Vitamin B2	10mg	714
Vitamin B3	8mg	50
Vitamin B6 (P5P)	8mg	570
Folic acid as (5 MTHF)	50µg	25
Vitamin B12 (as methylcobalamin)	100µg	4000
Vitamin K2 (MK-7)	50µg	*
Pantothenic acid	50mg	832
Molybdenum	10µg	20
Magnesium	40mg	10.6
Zinc	10mg	100
Iodine	80µg	52
Copper	1mg	100
Manganese	2mg	100
Selenium	100µg	182
Chromium (GTF)	80µg	200
Beta1-3,1-6 glucan	150mg	*
Quercetin	200mg	*
Oregano 4:1 extract	20mg	*
Resveratrol	50mg	*
N-Acetyl-Cysteine	150mg	*
L-Lysine	150mg	*

+NRV = Nutrient Reference Value
* Indicates no NRV

Ingredients: Magnesium (from citrate), quercetin, vitamin C (as ascorbic acid), beta 1-3,1-6 glucan (from *Saccharomyces cerevisiae*), N-acetyl-L-cysteine, L-Lysine, vitamin B5 (as calcium d-pantothenate), resveratrol, selenium (from yeast), chromium (from yeast), zinc (as citrate), oregano 4:1 extract, manganese (as gluconate), vitamin A acetate, vitamin B1 (as thiamin Hcl), vitamin D3 (cholecalciferol), vitamin B12 (as methylcobalamin), vitamin B2 (as riboflavin), vitamin E (as d-alpha tocopherol succinate), vitamin B3 (as niacinamide), iodine (from kelp), vitamin B6 (as P5P), vitamin K2 (MK-7), copper (as citrate), folic acid (as L-methyltetrahydrofolate), molybdenum (as sodium molybdate), hydroxypropyl methylcellulose (capsule shell).

Suggested Intake:

MEN: MAINTENANCE: 1 capsule per 30kg bodyweight daily.
ACUTE: 2 capsules per 30kg bodyweight daily.

POST MENOPAUSAL WOMEN: MAINTENANCE: 1 capsule per 30kg bodyweight daily. **ACUTE:** 2 capsules per 30kg bodyweight daily.

Take with food as a food supplement or as directed by a practitioner.

Allergen Advice: None.



Product Information:

60 capsules = 15-60 days supply

Permitted Health Claims:

Please refer to pages 46-53

Suitable for:

Men, post-menopausal women, and the elderly

Form:

Capsule



Contraindications: Do not take vitamin A supplements if you are pregnant or likely to become pregnant except on the advice of a doctor or ante-natal clinic.

Storage: Keep cool, dry & out of direct sunlight.