

# MULTI ESSENTIAL DAILY NUTRIENTS

Multivitamin and Minerals

A unique Composition with the Daily Requirement Of Important Vitamins and minerals.



## Product description

Multivitamin with minerals and antioxidants

Multivitamin contains a carefully calculated dose of essential vitamins and the most important minerals as well as antioxidants. Vitamins and minerals are nutrients that are necessary to maintain health.

Lack of these substances can cause symptoms such as fatigue, dizziness, impaired recovery and impaired immune system.

### **Important functions of Multivitamin**

- Vitamin A contributes to the normal functioning of the immune system
- Riboflavin (vitamin B2) contributes to the maintenance of normal mucous membranes
- Vitamin B6 contributes to normal psychological function and to reducing fatigue and exhaustion
- Vitamin B12 contributes to normal energy metabolism and to the normal functioning of the nervous system
- Vitamin C contributes to maintaining the normal function of the immune system during and after intense physical training
- Vitamin D contributes to maintaining normal muscle function
- Vitamin E helps to protect the cells against oxidative stress
- Vitamin K contributes to maintaining normal bone structure
- Iodine contributes to the maintenance of normal skin
- Copper contributes to the maintenance of normal connective tissue and normal skin pigmentation
- Chromium helps maintain normal blood sugar levels
- Manganese contributes to normal energy metabolism and to protecting cells against oxidative stress
- Molybdenum contributes to normal sulfur amino acid metabolism
- Selenium contributes to normal thyroid function and spermatogenesis
- Zinc contributes to normal fertility and reproduction as well as normal DNA synthesis

## Supplemental facts and Ingredients



CAN ENSURE THAT YOU GIVE YOUR BODY ESSENTIAL VITAMINS AND MINERALS NECESSARY TO MAINTAIN GOOD HEALTH. MICRONUTRIENTS FOR THE NERVOUS SYSTEM, THE IMMUNE SYSTEM, THE MUSCLES, VISION AND GROWTH.

Dietary supplements should not be used as an alternative to a varied diet. The recommended dosage should not be extended. Store at a cool, dry place out of reach of children.

IF PREGNANT, CONSULT YOUR HEALTH-CARE PRACTITIONER BEFORE

Consumer contact:  
[www.nordicwell.se](http://www.nordicwell.se)

### MULTI MULTIVITAMIN & MINERALS

ESSENTIAL DAILY NUTRIENTS  
120 CAPSULES

#### SUPPLEMENT FACTS

Serving size: 2 capsules  
Serving per container: 60

Amount per serving	% DRI*
Vitamin A	1800.0 µg 200%
Vitamin D	10.0 µg 200%
Vitamin E	24.0 mg 200%
Vitamin C	180.0 mg 200%
Tiamin	2.2 mg 200%
Riboflavin	2.8 mg 200%
Niacin	32.0 mg 200%
Vitamin B6	2.8 mg 200%
Folsyra	400.0 mg 200%
Vitamin B12	10.0 µg 200%
Biotin	100.0 mg 200%
Pantotensyra	12.0 mg 200%
Järn	28.0 mg 200%
Zink	20.0 mg 200%
Koppar	20.0 mg 200%
Mangan	4.0 mg 200%
Selen	11.0 mg 200%
Krom	80.0 µg 200%
Jod	300.0 mg 200%

\* Daily Recommended Intake  
\*\* Not Established

OTHER INGREDIENTS: Maltodextrin, silicon dioxide (E551), magnesium stearate (E470b).

DOSAGE: 1-3 capsules a day preferable with a meal  
DIETARY SUPPLEMENT



The recommended dose should not be exceeded. Dietary supplements should not be used as an alternative to a varied diet. Keep out of the reach of small children. Use it with care and speak with a doctor before taking it.

### How to use

1-3 capsules per day. Preferable with a meal.

Supplementing your diet with multivitamins is one way to ensure that you get all the necessary vitamins and minerals that your body needs to function and feel good.

Take the MULTI Multivitamin together with our MAGNESIUM to obtain daily nutritional support for your body.



## Warning

The recommended dose should not be exceeded. Dietary supplements should not be used as an alternative to a varied diet. Keep out of the reach of small children.

## Storage

Store in a dry place at room temperature, protect from sunlight

## Does our multivitamin contain magnesium?

For a supplement of magnesium to give you any effect, a high dose is required that would not have fit in the capsules. Including a smaller amount of magnesium in the capsules would have served no function and would have only tricked you as a customer into ingesting something ineffective and driving up the price of the product. A magnesium supplement can therefore be added separately. You can easily complement with our magnesium bisglycinate supplement.



**GLUTEN  
FREE**



**GMO  
FREE**



**SUGAR  
FREE**



**LACTOSE  
FREE**



[www.nordicwell.eu](http://www.nordicwell.eu)

Product by NordicWell Supplements



