

# SMART VITAMINS HER

## STEP 1 2 3 THE FOUNDATIONS FOR HER

The unique dual capsule with sustained release containing essential daily vitamins

### Premium health benefits

The only 2-in-1 capsule in europe with bioactive vitamins, highly bioavailable iron and folic acid, designed for maximum two-phase release and optimal absorption.

### Usage instructions

Dosage	1 capsule per day, in the morning with a meal.
Duration	3 to 6 months
Advice	In combination with physical activity and a healthy diet
Target group	Adults (18+)
Pregnancy / breastfeeding	Suitable for use during pregnancy and breastfeeding
Warning	Not suitable for individuals taking coumarin anticoagulants.

### Ingredients

#### Ingredients per daily dose (1 capsule):

		%RI*
<b>Fish oil</b>	420 mg	-
of which DHA	293 mg	-
Iron	14 mg	100%
Vitamin E	12 mg	100%
Coenzyme Q10	10 mg	-
Folic acid	500 µg	250%
Vitamin K2	75 µg	100%
Biotin	50 µg	100%
Vitamin D	20 µg	400%
Vitamin B12	5 µg	200%

%RI\* = % Reference Intake

Excipients: microcrystalline cellulose, hydroxypropyl methylcellulose (HPMC), ethylcellulose, iron oxides and hydroxides.

### Specifications

Quantity	30 capsules. Refill Pouch.
Net weight	28,2 grams
GTIN	05430004618096
CNK	4991-626
Notification	NUT_AS 4493/9

**Consumer price: €30**

