

# SMART VITAMINS HER

STEP **1** **2** **3** THE FOUNDATIONS FOR HER

I want a healthy start every day.

## 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, to be taken in the morning.
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	Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Keep out of reach of young children. 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

