

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*
Fish oil	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

Ingredients: Fish oil 420 mg, of which DHA 293 mg, iron 14 mg (100% RI), vitamin E 12 mg (100% RI), coenzyme Q10 10 mg, folic acid 500 µg (250% RI), vitamin K2 75 µg (100% RI), biotin 50 µg (100% RI), vitamin D 20 µg (400% RI), vitamin B12 5 µg (200% RI), microcrystalline cellulose (bulking agent), hydroxypropyl methylcellulose (capsule), ethylcellulose (coating), iron oxides and hydroxides (colour).

Specifications

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

Consumer price: €30

