



## Men's Multi Tablets

THOMPSON'S | TMMENMU

ALWAYS READ THE LABEL. FOLLOW THE DIRECTIONS FOR USE. For product specific label WARNINGS please refer to product section below.

### BENEFITS

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One-A-Day multivitamin and mineral complex with antioxidants to support general health & wellbeing.

### SUITABLE FOR

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- Men who require additional nutrient supplementation to promote general health and wellbeing
- Men who suffer from or prone to stress

### DIRECTIONS FOR USE

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- Adult men - Take one tablet daily (with food), or as professionally prescribed.
- Storage: Store below 30°C in a dry place

### WARNINGS

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The recommended daily amount of Vitamin A from all sources is 900mcg retinol equivalents (RE) for men. This product contains Selenium which is toxic in high doses. A daily dose of 150mcg for adults of Selenium from dietary supplements should not be exceeded. Vitamin and mineral supplements should not replace a balanced diet.

If symptoms persist, talk to your health professional.

NO ADDED

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- Gluten, lactose, nuts, dairy, shellfish, egg, sesame seeds. No artificial flavours or preservatives.

PACK SIZES

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- TMMENMU - 60 Tablets

## ACTIVE INGREDIENTS

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Each tablet contains:

Ascorbic Acid (Vitamin C)	206.5mg
Biotin	50mcg
Calcium (as Calcium Citrate Tetrahydrate)	10.5mg
Calcium Pantothenate	100mg
equiv. Pantothenic Acid (Vitamin B5)	90mg
Choline Bitartrate	30mg
Chromium (as Chromium Picolinate)	10mcg
Citrus Bioflavonoids extract	30mg
Cyanocobalamin (Vitamin B12)	50mcg
equiv. Vitamin D3	200IU
Copper (as Copper Gluconate)	600mcg
Cholecalciferol	5mcg
d-alpha-Tocopherol Acid Succinate	82.6mg
equiv. Vitamin E	100IU
Folic Acid	90mcg
Fucus vesiculosus (Kelp) ext	5mg
derived from dry whole plant	25mg
equiv. Iodine	5mcg
Inositol	30mg
Magnesium (as Amino Acid Chelate)	10mg
Manganese (as Amino Acid Chelate)	700mcg
Medicago sativa (Alfalfa) herb powder	5mg
Nicotinamide (Vitamin B3)	50mg
Panax ginseng (Korean Ginseng) ext	20mg
derived from dry root	200mg
Pyridoxine Hydrochloride	25mg
equiv. Pyridoxine (Vitamin B6)	20.6mg
Retinyl Acetate	354mcg
equiv. Retinol (Vitamin A)	300mcg RE

ACTIVE INGREDIENTS (Cont.)

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Riboflavin (Vitamin B2)	30mg
Selenium (as Selenomethionine)	26mcg
Thiamine Hydrochloride (Vitamin B1)	30mg
Vitis vinifera (Grape)	1mg
std. to contain Procyanidins	950mcg
Zinc (as Amino Acid Chelate)	15mg