

Formula 2 – Multivitamin Complex

ShapeWorks Core Essential

Poor eating habits, stressful lifestyles and environmental pollutants can rob our bodies of vital nutrients and wreak havoc on our immune system, making it even more difficult to maintain our ideal weight. Formula 2 Multivitamin Complex is part of a nutritional maintenance system designed to help replenish the body's nutritional resources and create a foundation to support long-term good health. It is also an essential part of your ShapeWorks Programme.



Label Information:

Formula 2 – Multivitamin Complex

Three tablets provide: % EU RDA*

Vitamins:		
Vitamin A	1000,0 µg	125 %
from Acetate	750 µg	
from Beta Carotene	250 µg	
Thiamin (B1)	20,0 mg	1429 %
Riboflavin (B2)	25,0 mg	1563 %
Vitamin B6	30,0 mg	1500 %
Vitamin B12	0,006 mg	600 %
Folic acid	0,40 mg	.200 %
Niacin	100 mg	556 %
Pantothenic acid	20,0 mg	333 %
Biotin	0,30 mg	200 %
Vitamin C	150 mg	250 %
Vitamin D	0,01 mg	200 %
Vitamin E	30,0 mg	300 %

Minerals:		
Calcium	500 mg	63 %
Magnesium	200 mg	67 %
Iron	6,0 mg	43 %
Zinc	15,0 mg	100 %
Iodine	0,15 mg	100 %
Copper	1,5 mg	

Minerals:		
Manganese	5,0 mg	
Chromium	0,099 mg	
Selenium	0,051 mg	
Vanadium	0,006 mg	

Witk:		
Para Amino		
Benzoic Acid	24,0 mg	
Betaine HCl	30,0 mg	
Herbs	36,0 mg	
Choline Bitartrate	6,0 mg	
Inositol	6,0 mg	

*EU RDA=Recommended Daily Allowance.

HERBS: Bee Pollen, Broccoli, Carrot, Cauliflower, Citrus Bioflavonoids, Cabbage, Garlic, Licorice (root), Limonene, Polyoids**, Spinach and Vegetase Enzymes.

Ingredients: Calcium Carbonate, Potassium Gluconate, Magnesium Oxide, Ascorbic Acid, Stearic Acid, Zinc Gluconate Granular, Niacinamide, Filling Agents: Sodium Croscarmellose, Microcrystalline Cellulose; Anti-caking Agents: Silicon Dioxide, Magnesium Stearate; dl- α -Tocopheryl Acetate, Potassium Glycerophosphate, Manganese Gluconate, Biotin, Pyridoxine Hydrochloride, Riboflavin, Betaine Hydrochloride, d - Calcium Pantothenate, Para Amino Benzoic Acid, Thiamin Hydrochloride, Ferrous Fumarate, Beta Carotene, Coating: Sodium Carboxymethylcellulose, Glycerine; Copper Gluconate, Selenomethionine, Pyridoxal 5 Phosphate, Chromium Nicotinate, Vitamin A Acetate, Choline Bitartrate, Inositol, Vanadium Amino Acid Chelate, Vitamin D3, Folic Acid, Potassium Iodide, Broccoli, Carrot, Cauliflower, Citrus Bioflavonoids, Cabbage, Licorice Root, Limonene: blend of citrus fruits, Garlic, Polyoids** (from freeze dried fruits), Spinach, Vegetase Powder: blend of enzymes to break down vegetables, Bee Pollen, Cyanocobalamin, Chromium Polynicotinate.

Recommended Use: 1 tablet, three times daily with meals.

For Best Results: May be used in conjunction with ShapeWorks™ Formulas 1 and 3: Nutritional Shake Mix and Personalised Protein Powder.

Store with lid closed in a cool, dry place.

NOTE: Do not exceed the recommended intake. Food supplements should not be used as a substitute for a varied diet.

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