

# Super Vitamins & Minerals

DIN 02242839, 120 Tablets, Vitamin/Mineral, Stock No. 1791-2

**Coeliac alert:** This product contains gluten.

**S**uper Vitamins & Minerals is a comprehensive supplement providing 23 important vitamins and minerals in a base of herbs, vegetables and phytonutrients. This base helps increase absorption and assimilation of the vitamins and minerals, and provides additional antioxidant and nutritional benefits.

Balanced nutrients are often in short supply during special periods of physical stress or convalescence, or in a diet consisting of mostly processed foods.

## *Did you know?*

A balanced diet is something easily found in books and rarely on the table. Though nutrients are widely scattered all through our food supply, soil depletion, storage, food processing and cooking destroy many of them. Still, there are enough left to make balancing meals important. After all, supplements cannot work without food and the better the food you eat, the more effective your supplements will be. Unfortunately, no possible "balanced" diet is likely to meet nutritional needs today.

## *NSP Advantage*

120 tablets. Vitamins & minerals supplement.

**Ingredients:** 2 000 IU of vitamin A (palmate), 2 000 IU of beta carotene, 6.25 mg of vitamin B1 (thiamine mononitrate), 5 mg of vitamin B2 (riboflavin), 7.50 mg of vitamin B6 (pyridoxine hydrochloride), 25 mcg of

vitamin B12 (cyanocobalamin), 75 mcg of biotin, 125 mg of vitamin C, 150 IU of vitamin D3, 25 IU of vitamin E, 0.10 mg of folic acid, 37.50 mg of pantothenic acid, 15 mg of niacinamide, 100 mg of calcium (carbonate, dicalcium phosphate), 25 mcg of selenium (amino acid chelate), 0.50 mg of copper (gluconate), 0.05 mg of iodine (potassium iodide), 7.50 mg of iron (ferrous fumarate), 100 mg magnesium (oxide), 0.75 mg of manganese (amino acid chelate), 25 mg of potassium (citrate), 25 mcg of selenium (amino acid chelate), 25 mcg of chromium (amino acid chelate), and 7.50 mg of zinc (gluconate), in a specially-formulated non-medical base containing barley grass (*Hordeum vulgare*) juice, rosehips (*Rosa canina*), lemon bioflavonoids, hesperidin, dulse (*Rhodomenia palmate*) plant, kelp (*Ascophyllum nodosum*) powder, broccoli (*Brassica oleracea*), asparagus (*Asparagus officinalis*) and cabbage (*Brassica oleracea*) powder, alfalfa (*Medicago sativa*), rutin and wheat germ (*Triticum aestivum*) flour.

Other ingredients: cellulose, stearic acid, bone meal, magnesium stearate, silicon dioxide

**Recommendation:** Take two tablets daily with a meal.

1. Mindell, Earl, *Earl Mindell's Vitamin Bible*, Warner Books, 1991, page 161.

## Features & Benefits

- Multi Vitamin and Mineral supplement that provides broad spectrum nutritional support to the body
- Helps prevent nutritional deficiencies.