

Introducing the new member of the **Mi-Vitamin™** family!



Mi-Vitamin™ Multi-Vitamin Mineral Supplement for Men and Women

Healthy living at all ages is the best way for men and women to take care of themselves – to stay in shape and to get the energy they need to manage their everyday commitments. Through good nutrition, risk factors for disease can be reduced and health can be improved. This formulation contains 18 essential vitamins and minerals to help support a busy, healthy lifestyle.

Vitamins and minerals are organic compounds required by humans as nutrients in small amounts known as micronutrients. As most of the vitamins cannot be produced by humans, they must be obtained from the diet. Vitamins are essential organic nutrients that aid metabolism, growth and physical well-being. Trace elements are minerals that are needed by the body in very small amounts (micronutrients). Minerals come from the soil and water and cannot be made by living organisms. Minerals aid in normal growth and form part of essential molecules and body tissues, such as bones and teeth.

This is a high potency, scientifically based formulation developed for men and women in the sub-Saharan African countries.

Nutrition Information

Nutrient	Average per 1 Capsule	%NRV*
Vitamin A	2331 IU / 700 mcg	78
Vitamin B1	1.5 mg	125
Vitamin B2	1.3 mg	100
Vitamin B6	1.7 mg	100
Vitamin B12	2.6 mcg	108
Folic Acid	500 mcg	125
Niacinamide	15 mg	94
Pantothenic Acid	4 mg	80
Biotin	30 mcg	100
Vitamin C	100 mg	100
Vitamin D	400 IU / 10 mcg	67
Vitamin E	15 mg TE	100
Vitamin K	120 mcg	100
Iron (added as Ferrous Fumarate)	20 mg	111
Zinc (added as Zinc Oxide)	11 mg	100
Selenium	75 mcg	136
(added as Sodium Selenite Anhydrous)		
Iodine (added as Potassium Iodate)	150 mcg	100
Copper (added as Copper Gluconate)	1.25 mg	139

* Nutrient Reference Values South Africa.

- Formulated for Daily Use
- High Potency
- 13 Essential Vitamins
- 5 Added Minerals

Features:

A comprehensive multi micronutrient supplement with 13 essential vitamins and five added minerals.

NUTRIENT	FUNCTION
Vitamin A	Contributes to the maintenance of eyesight, skin, membranes and immune function
Vitamins A, B1, B2, B6, B12, C, D, E, K, Niacinamide, Pantothenic acid, Biotin, Folic Acid, Copper, Iodine, Iron, Zinc	Factors in the maintenance of good health
Vitamins B1, B2, B6, B12, Pantothenic acid, Biotin, Zinc	Helps to metabolise carbohydrates, fats and proteins
Niacinamide	Contributes to normal growth and development
Folic Acid	Helps to form red blood cells
Vitamin C	Helps in the development and maintenance of bones, cartilage, teeth and gums
Vitamin D	Helps in the absorption and use of calcium and phosphorus Helps in the development and maintenance of bones and teeth Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis
Vitamins E, C, Selenium	Antioxidants in the maintenance of good health
Vitamin K	Contributes to the maintenance of normal bones
Copper	Helps to produce and repair connective tissue
Iodine	Contributes to the normal production of the thyroid hormones and normal thyroid function
Iron, Vitamin B12, Copper	Helps to form red blood cells and helps in their proper function
Zinc	Helps to maintain immune function

Pack Size: 30 Capsules

Dosage and directions: One capsule daily after food, or as directed by your healthcare professional.

Dietary supplements should be taken as part of a healthy, balanced diet.

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