

Mi-Vitamin™

Multi-Vitamin Mineral Supplement for Pregnant and Lactating Women

Nutrition Information

Nutrient	Average per 1 Capsule	%NRV*
Vitamin A	2664 IU / 800 mcg	89
Vitamin D	200 IU / 5mcg	33
Vitamin E	15 mg TE	100
Vitamin C	55 mg	55
Vitamin B1	1.4 mg	117
Vitamin B2	1.4 mg	108
Niacinamide	18 mg	113
Vitamin B6	1.9 mg	112
Vitamin B12	2.6 mcg	108
Folic Acid	600 mcg	150
Vitamin K	55 mcg	46
Pantothenic Acid	6 mg	120
Biotin	30 mcg	100
Iron (added as Ferrous Fumarate)	27 mg	150
Zinc (added as Zinc Oxide)	10 mg	91
Copper (added as Copper Gluconate)	1.15 mg	128
Selenium	30 mcg	55
(added as Sodium Selenite Anhydrous)		
Iodine (added as Potassium Iodate)	250 mcg	167
L-Lysine HCl	200 mg	

* Nutrient Reference Values South Africa.



Quali-Blends™

- Scientifically proven to benefit health and wellbeing
- Adheres to the highest quality standards
- Sustainably and ethically manufactured
- Assurance of reliable supply
- Contains safe and effective ingredients at relevant levels

Mi-Vitamin™

Multi-Vitamin Mineral Supplement for Children from 2 - 12 years

Nutrition Information

Nutrient	Average per 1 Tablet	%NRV*
Vitamin A	1665 IU / 500 mcg	56
Vitamin D	400 IU / 10 mcg	67
Vitamin E	9 mg TE	60
Vitamin K	30 mcg	25
Vitamin C	60 mg	60
Vitamin B1	1.1 mg	92
Vitamin B2	1.3 mg	100
Vitamin B6	0.5 mg	29
Vitamin B12	1.2 mcg	50
Folic Acid	200 mcg	50
Niacinamide	8 mg	50
Iron (added as Ferrous Fumarate)	10 mg	56
Zinc (added as Zinc Oxide)	5 mg	45
Selenium	20 mcg	36
(added as Sodium Selenite Anhydrous)		
Iodine (added as Potassium Iodate)	100 mcg	67

* Nutrient Reference Values South Africa.



Mi-Vitamin™

Multi-Vitamin Mineral Supplement for Men and Women

Nutrition Information

Nutrient	Average per 1 Capsule	%NRV*
Vitamin A	2331 IU / 700 mcg	78
Vitamin D	400 IU / 10 mcg	67
Vitamin E	15 mg TE	100
Vitamin K	120 mcg	100
Vitamin C	100 mg	100
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
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.



@Life | Innovation Based on Science

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Mi-Vitamin™ Multi-Vitamin Mineral Supplement for Pregnant and Lactating Women

The nutritional and health status of the mother plays a vital role in the development of the unborn child even before conception. The most critical development of a baby occurs during the first three months of the pregnancy when many women do not realize they are pregnant.

Studies have shown that adequate nutrition during pregnancy potentially results in ideal birth weight, reduced infant mortality and improved growth. Adequate nutrition in the first 1000 days of life is critical in ensuring benefits in both economic and health terms. Nutrition during the first 1000 days of life has a direct impact on the risk of developing non-communicable diseases (NCD's) such as cardiovascular diseases, stroke, hypertension and diabetes later in life and ultimately decreases the health risks being passed onto future generations.

Features:

A comprehensive multi micronutrient (vitamins and minerals) supplement with the addition of Lysine. Lysine, an essential amino acid, is limited in the major staple foods in Africa i.e. sorghum, maize and wheat.

Pack Size: 30 Capsules

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

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

Mi-Vitamin™ Multi-Vitamin Mineral Supplement for Children from 2 - 12 years

Nutritionally vulnerable groups such as young children have a higher demand for micronutrients (vitamins and minerals) and as a result they are especially susceptible to the detrimental effects caused by micronutrient deficiencies. Even fortified foods may not be sufficient in providing adequate amounts of micronutrients to this group.

Childhood is developmentally critical, setting the stage for lifelong health and well-being. Kilogram for kilogram, children need more nutrients than adults to support their rapid growth and development. In early childhood the immune and neurological systems are still developing, requiring adequate nutritional support to fight disease, build brainpower and establish sensory functions such as eyesight. During their school years children are gaining their permanent teeth, building bone density that will carry them through the rest of their lives, and continuing to strengthen cognitive performance.

Optimal nutrition throughout childhood and adolescence fosters well-being and helps individuals achieve their full physical and cognitive potential.

Features:

A comprehensive chewable orange flavoured multi micronutrient supplement with 11 essential vitamins and four added minerals including iron.

Pack Size: 30 Tablets

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

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

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 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). As minerals they come from the soil and water and cannot be made by living organisms.

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

Features:

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

Pack Size: 30 Capsules

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

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