

<u>CALCIUM PLUS</u>	
Calcium Amino Acid Chelate	160 mg
Calcium Citrate	152 mg
Magnesium Citrate	130 mg
Boron Amino Acid Chelate	1 mg
Vitamin D2	0.625 mcg

<u>JUNICAPS</u>	
Vitamin A	106 mcg
Vitamin D	0.45 mcg
Vitamin E	16.8 iu
Vitamin C	30 mg
Thiamin	0.75 mg
Riboflavin	0.6 mg
Niacin	3 mg
Vitamin B6	1.75 mg
Folic Acid	30 mcg
Vitamin B12	7 mcg
Biotin	1 mg
Pantothenic Acid	3 mg
Calcium	25 mg
Iron	0.7 mg
Magnesium	12 mg
Zinc	4.5 mg
Iodine	2 mcg
Bioflavonoids	1 mg
Choline	2.25 mg
Inositol	2.25 mg
PABA	3.75 mg
Chromium	12 mcg
Copper	0.25 mg
Manganese	0.65 mg
Molybdenum	3.7 mcg
Nickel	0.9 mcg
Potassium	2.4 mg
Selenium	15 mcg
Vanadium	0.4 mcg

<u>VITAMIN C & GARLIC</u>	
Vitamin B1 (Thiamine HCL)	3.8 mg
Vitamin B12 (Cyanocobalamin)	7.5 mcg
Citrus Bioflavonoids	30 mg
Vitamin C (Calcium Ascorbate)	500 mg
Garlic (Organic)	60 mg
Milk Thistle	15 mg

<u>NICOTINAMIDE PLUS</u>	
Nicotinamide	120 mg
Magnesium	20 mg

<u>ZINC PLUS</u>	
Vitamin B6 (Pyridoxal 5 Phosphate)	10 mg
Zinc (Amino Acid Chelate)	8 mg
Zinc (Citrate)	8 mg
Zinc (Picolinate)	9 mg
Manganese (Citrate)	2.5 mg

<u>B 12</u>	
Vitamin B12 (Cyanocobalamin)	70 mcg

<u>IRON</u>	
Vitamin C (Ascorbic Acid)	100 mg
Copper (Gluconate)	300 mcg
Iron (Gluconate)	7 mg
Kelp	50 mg

<u>MAGNESIUM</u>	
Vitamin B3 (Nicotinamide)	10 mg
Vitamin B6 (Pyridoxine HCL)	2 mg
Kelp	75 mg
Magnesium (Citrate)	70 mg
Magnesium (Amino Acid Chelate)	70 mg

<u>MULTI MINERALS</u>	
Calcium (Amino Acid Chelate)	50 mg
Calcium (Citrate)	50 mg
Kelp	14 mcg
Magnesium (Amino Acid Chelate)	20 mg
Magnesium (Citrate)	20 mg
Molybdenum (Ammonium Molybdate)	12 mcg
Selenium (Methonine)	40 mcg
Vanadium (Amino Acid Chelate)	5 mcg
Zinc (Amino Acid Chelate)	3.7 mg
Zinc (Citrate)	3.7 mg
Chromium (Amino Acid Chelate)	110 mcg
Manganese (Citrate)	4.7 mg

<u>MANGANESE</u>	
Vitamin B5 (Calcium Pantothenate)	13.7 mg
Vitamin B6 (Pyridoxal 5 Phosphate)	3.2 mg
Biotin	5 mcg
Choline Bitartrate	10 mg
Folacin (Folic Acid)	30 mcg
Vitamin E Natural	66 iu
Manganese (Citrate)	8.5 mg

<u>SIMPLE C</u>	
Ascorbic Acid (Vitamin C)	400 mg
Citrus Bioflavonoids	50 mg

<u>SELENIUM</u>	
Vitamin A (Acetate)	500 iu
Vitamin C (Ascorbic Acid)	120 mg
Selenium (Methionine)	100 mcg
Vitamin E Natural	100 iu

<u>MULTI VITAMINS</u>	
Vitamin A (Acetate)	1250 iu
Vitamin B1 (Thiamine HCL)	5.6 mg
Vitamin B12 (Cyanocobalamin)	10 mcg
Vitamin B2 (Riboflavin)	3.5 mg
Vitamin B3 (Nicotinamide)	35 mg
Vitamin B5 (Calcium Pantothenate)	20 mg
Vitamin B6 (Pyridoxal 5 Phosphate)	10 mg
Citrus Bioflavonoids	10 mg
Biotin	5 mcg
B15 (Calcium Panganate)	2 mg
Vitamin C (as Calcium Ascorbate)	150 mg
Choline Bitartrate	15 mg
Folacin (Folic Acid)	200 mcg
Inositol	15 mg
Kelp	25 mg
PABA	30 mg
Vitamin E Natural	34 iu
Rutin	5 mcg
Vitamin D3	100 iu
Vitamin K1	250 mcg

<u>FOREBIOTICS</u>	
F.O.S. (Fructo-oligosacharides)	100 mg
Lactobacillus Acidophilus (50 billion per Gram)	40 mg
Bifido Bacteria Blend 3 Strain (50 billion per Gram)	40 mg
Lactobacillus Bulgaricus (50 billion per Gram)	40 mg

<u>FENIC</u>	
Iron (Amino Acid Chelate)	9 mg
Nickel (Amino acid Chelate)	20 mcg



NB: All our capsules are filled with organic vegetable powder. Zinc Plus has added organic ginger, and Simple C is filled with organic beetroot powder. Each product is available in either gelatine or vegetarian capsules. - Updated 01/10/2008.

