

DIRECTIONS: As a food supplement for adults, take 1 or 2 capsules daily with food.

Do not exceed stated dose unless directed by a healthcare practitioner.

INGREDIENTS: TWO VEGETARIAN CAPSULES TYPICALLY PROVIDE

MAGNIFOOD COMPLEX 525mg

PROVIDING:

Horsefall Spring Shoot (fresh freeze dried) 150mg
Nettle Leaf (fresh freeze dried) 100mg
Sea Buckthorn Berry/Leaf (fresh freeze dried) 50mg
Bilberry Fruit (fresh freeze dried) 50mg
Stabilised Rice Bran 50mg
Raw Cocoa Nib 25mg
Pumpkin Seed 25mg
Gotu Kola Leaf (fresh freeze dried) 25mg
Burdock Root (fresh freeze dried) 25mg
Watercress (fresh freeze dried) 25mg

MSM (methylsulfonylmethane) 400mg
Vegetarian Capsule Shell (hydroxypropylmethylcellulose) 234mg
Vitamin C (as Ca, Mg ascorbate) 100mg
Zinc (as ascorbate) 5mg
Pantothenic Acid (as calcium pantothenate) 20mg
Larch Tree Arabinogalactan 5.5mg
Vitamin A (as palmitate - 1250iu) 375ug
Natural Beta Carotene / Mixed Carotenoids . 2mg
Biotin 100ug

NO FILLERS, BINDERS OR OTHER EXCIPIENTS

SUITABLE FOR VEGETARIANS AND VEGANS

* European Community Nutrient Reference Values