



MultiFifty™

Food Supplement
Multivitamin &
mineral formula with
Coenzyme Q-10

One-a-day
Extra High Potency

60 Vegetarian Capsules

MultiFifty Multivitamin & mineral nutrient formula.

Ingredients	One (1) vegetarian capsule provides:	%ECRDA
Vegetable Cellulose capsule.....	125mg	
Vitamin C (Magnesium Ascorbate).....	100mg	166
Vitamin E (d-alpha Tocopherol Succinate 60.5iu).....	50mg	500
Coenzyme Q-10.....	30mg	
Vitamin B1 Thiamin HCL.....	20mg	1428
Vitamin B2 Riboflavin.....	20mg	1250
Vitamin B3 Nicotinamide.....	20mg	111
Vitamin B5 Calcium Pantothenate.....	20mg	333
Vitamin B6 Pyridoxine HCL.....	20mg	1000
Zinc (citrate).....	15mg	100
Iron (bisglycinate).....	14mg	100
Alpha Lipoic acid.....	10mg	
Betaine HCL.....	10mg	
Bioflavonoids (Bilberry extract 4:1).....	10mg	
Bromelain 1:10.....	10mg	
Calcium (citrate).....	10mg	1.25
Choline Bitartrate.....	10mg	
Inositol.....	10mg	
Magnesium (citrate).....	10mg	3.33
PABA (Para Aminobenzoic acid).....	10mg	
Quercetin.....	10mg	
Rutin.....	10mg	
L-Glutamic acid.....	5mg	
Hesperidin complex.....	5mg	
Potassium (citrate).....	5mg	
Manganese (gluconate).....	5mg	
Raw organic Alfalfa herb powder.....	1mg	
Amylase.....	1mg	
Astragalus root powder.....	1mg	
Boron (amino acid chelate).....	1mg	
Copper (gluconate).....	1mg	
Raw organic Echinacea Purpurea powder.....	1mg	
Lipase 10,000 units/gm.....	1mg	
Lutein 5%.....	1mg	
Oat Bran.....	1mg	
Plantain leaf powder.....	1mg	
Protease.....	1mg	

Spirulina powder.....	1mg	
Watercress powder.....	1mg	
Natural Beta Carotene / Carotenoid mix.....	900µg	
(from Dunaliella Salina Algae)		
equiv. to vitamin A. 149.9µg providing typical analysis:		
Beta Carotene 900µg		
Alpha Carotene 28.4µg		
Cryptoxanthin 7.02µg		
Zeaxanthin 5.76µg		
Lutein 4.5µg		
Vitamin A.....	800µg	100
Biotin pure.....	500µg	333
Folic acid.....	400µg	200
L-Glutathione (reduced).....	250µg	
L-Methionine.....	250µg	
Chromium (Polynicotinate).....	150µg	
Iodine (Potassium Iodine).....	150µg	100
Selenium (Methionine).....	150µg	
Vitamin K1.....	50µg	
Molybdenum.....	25µg	
Vitamin B12 Cyanocobalamin.....	25µg	2500
Vitamin D (vegetarian).....	10µg	200

In a herbal base of Alfalfa, Echinacea, Oat Bran, Spirulina & Watercress.

Suitable for Vegetarians.
Hypoallergenic formula 100% active ingredients.
Contains NO: gluten, wheat, lactose, dairy, added sugars, salt, preservative, colourings, yeast or starch.

Directions for use

As-a food supplement for adults, take one (1) vegetarian capsule daily with food or as directed by a healthcare professional. Tamper resistant outer and cap seal for your added security. Do not use if either are broken. Freshness and potency assured if stored in a cool dry place. Keep out of sight and reach of children. Not for use during pregnancy or lactation, unless directed by a healthcare professional.

Manufactured in the UK
Solo Nutrition Ltd. RH11 8SZ
England

www.solonutrition.co.uk
E-mail: info@solonutrition.co.uk