Please read ‘Food Supplement Guidelines’ for details on necessary regulatory requirements for labelling.

**FRONT LABEL**

Product Name (Take care not to breach legislation with particular regards to claims)

*Co-Q10 100mg with added Vitamin B1*

(or product description of clients’ choice in line with legislation)

Claims (Can appear anywhere on pack). You should include at least one approved health claim on pack as this helps to justify more generic claims such as ‘healthy’.

Thiamine contributes to normal **energy**-yielding metabolism & the normal function of the **heart**.

You can search for other Nutrition & Health Claims approved for use in the UK here <https://www.gov.uk/government/publications/great-britain-nutrition-and-health-claims-nhc-register?utm_medium=email&utm_campaign=govuk-notifications&utm_source=f8d61ec9-adf6-459d-bdfe-7aa9674beaec&utm_content=weekly>

SUITABLE FOR VEGETARIANS OR VEGANS

Food Supplement

180 Capsules

**BACK LABEL**

**Directions:**

Adults, take 1-3 capsules daily with food.

Do not exceed recommended daily dose.

**Product Information:**   
1 capsule typically provides

Coenzyme Q10 100mg

Thiamine (Vitamin B1) 0.165mg \*15% NRV

\*NRV = Nutrient Reference Value

**Ingredients:**

Microcrystalline Cellulose, Coenzyme Q10 Capsule Shell: Hydroxypropyl Methylcellulose, Thiamine Hydrochloride.

**Allergy Advice**: Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that handles allergy-based materials.

**Cautions:**

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. Not recommended for use by pregnant or breastfeeding women. You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle. Store in a cool dry place, out of reach of children.

**Best Before:**

For best before end and batch number see base.

Manufactured to the GMP code of practice for:

Name or business name and address of the food business operator.

PLEASE NOTE: If you are selling in/exporting to the EU you will need to include the address details of the Food Business Operator, or Importer, based in the EU. You can have a UK address and an EU address if selling in both territories.

**Please give files following file names:**

Front Label: PL-473$front

Back Label: PL-473$back

**Label size:**

970px x 1655px at 300DPI (that's 84mm x 140mm)