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

For presentation to the UK market

**FRONT LABEL**  
  
Vegan Multi (Or own Product Name - take care not to breach legislation about claims)

**Food Supplement -** Multivitamin & Mineral specifically formulated to support those following a vegan diet. Packed with Vitamin B12, Iron, Calcium, Iodine, Zinc and other essential nutrients.

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

Vitamin B12 & Iron contribute to the reduction of tiredness and fatigue and the normal function of the immune system.

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 & VEGANS

60 Tablets

**BACK LABEL**

**Directions:**

Adults, take 2 tablets daily with water. Do not exceed recommended daily dose.

**Product Information:**   
Each 2 tablets typically provide:

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  | %NRV\* |
| Vitamin A |  | 800µg RE | 100 |
| Vitamin D3 |  | 25µg | 500 |
| Vitamin E |  | 12mg a-TE | 100 |
| Vitamin K2 |  | 75µg | 100 |
| Vitamin C |  | 80mg | 100 |
| Vitamin B1 |  | 1.1mg | 100 |
| Vitamin B2 |  | 2.8mg | 200 |
| Vitamin B3 |  | 16mg NE | 100 |
| Vitamin B6 |  | 2.1mg | 150 |
| Folic Acid |  | 400µg | 200 |
| Vitamin B12 |  | 25µg | 1000 |
| Biotin |  | 50µg | 100 |
| Vitamin B5 |  | 6mg | 100 |
| Calcium |  | 468mg | 58.5 |
| Phosphorus |  | 80mg | 6 |
| Magnesium |  | 187.5mg | 50 |
| Iron |  | 14mg | 100 |
| Zinc |  | 15mg | 150 |
| Copper |  | 1mg | 100 |
| Manganese |  | 2mg | 100 |
| Selenium |  | 60µg | 109 |
| Chromium |  | 20µg | 50 |
| Molybdenum |  | 25µg | 50 |
| Iodine |  | 150µg | 100 |

\*NRV=Nutrient Reference Value

**Ingredients:**

Bulking Agent: Microcystalline Cellulose, Di-Calcium Phosphate, Magnesium Citrate Buffered, Calcium Carbonate, Calcium Citrate, Dicalcium Phosphate, Vitamin C (Ascorbic Acid), Silicon Dioxide Flow Agent: Magnesium Stearate, Zinc Citrate, Iron (Ferrous Fumarate), Vitamin E (Dl Alpha Tocopherol Acetate), Stearic Acid, Niacin (Nicotinamide), Molybdenum (Sodium Molybdate), Selenium (L-Seleno Methionine), Vitamin D3 Prep (Corn Syrup Solids, Arabic Gum, Medium Chain Triglycerides, Cholecalciferol, Sodium Ascorbate, Tocopherol Rich Extract), Vitamin A Prep (Retinol Acetate, Corn Vegetable Oil, Tocopherols, Gum Arabic, Sucrose, Maltodextrin, Sodium Ascorbate, Silicon Dioxide), Manganese Citrate Buffered, Pantothenic Acid (D-Calcium Pantothenic), Vitamin K2 (Menaquinone K7), Riboflavin, Vitamin B6 (Pyridoxine Hydrochloride), Copper Sulphate Anhydrous, Thiamin (Thiamin Hydrochloride), Folic Acid, Potassium Iodine, Chromium Picolinate, Biotin, Vitamin B12 (Cyanocobalamin).

**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 children, pregnant or lactating 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-487$front

Back Label: PL-487$back

**Label Size**

709px x 897px at 600DPI (that's 60mm x 76mm)