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

For presentation to the UK market

**FRONT LABEL**

Multi-Vitamins Plus Iron (0r own Product Name - be careful not to breach legislation regarding claims)

Food Supplement One A Day for General Health Support

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".

Iron contributes to the reduction of tiredness and fatigue, normal energy-yielding metabolism, normal function of the immune system and normal cognitive function.

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

Food Supplement

180 Tablets

**BACK LABEL**

**Directions:**

Adults, take 1 tablet per day with water and food.

Do not exceed recommended daily dose.

**Product Information:**   
*One tablet typically provides:*

|  |  |  |
| --- | --- | --- |
|  |  | \*%NRV CHECK |
| Vitamin C | 80mg | 100 |
| Iron | 14mg | 100 |
| Vitamin E | 12mg a-TE | 100 |
| Niacin (Vitamin B3) | 16mg NE | 100 |
| Vitamin A | 800µg RE | 100 |
| Pantothenic Acid (Vitamin B5) | 6mg | 100 |
| Vitamin D | 5µg | 100 |
| Vitamin B6 | 1.4mg | 100 |
| Riboflavin (Vitamin B2) | 1.4mg | 100 |
| Thiamin (Vitamin B1) | 1.1mg | 100 |
| Folic Acid (Vitamin B9) | 200µg | 100 |
| Biotin | 50µg | 100 |
| Vitamin B12 | 2.5µg | 100 |

\*%NRV = Nutrient Reference Value

**Ingredients:**

Bulking Agent: Microcrystalline Cellulose, Vitamin C Prep (Ascorbic Acid, Hydroxypropyl Methylcellulose), Iron as Ferrous Fumarate, Vitamin E Prep (Dl Alpha Tocopherol Acetate, Silicon Dioxide), Niacin as Nicotinamide, Anti-Caking Agent: Silicon Dioxide, Vitamin A Prep (Maltodextrin, Dextrin, Modified Starch, Retinol Acetate, Dl Alpha Tocopherol), Pantothenic Acid as D-Calcium Pantothenate, Flow Agent: Magnesium Stearate, Vitamin D3 Prep (Maltodextrin, Modified Starch, Vegetable Oil, Sugar, Vitamin E, Cholecalciferol), Vitamin B6 as Pyridoxine Hydrochloride, Riboflavin, Thiamin as Hydrochloride, Folic Acid, Biotin, Vitamin B12 as 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 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 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-HSMBIR$front

Back Label: PL-HSMBIR$back

**Label Size**

970px x 1655px at 600DPI (that's 84mm x 140mm)

Version Control:

|  |  |  |  |
| --- | --- | --- | --- |
| **Version** | **Date** | **Change** | **Author:** |
| V1 | Pre Aug 18 |  | JN |
| V2 | 03.09.18 | Review | KA |
| V3 | 12.04.20 | Allergens | JN |
| V4 | 22/01/24 | remove additional label info | FN |