

# Optimum Nutrition Formula (A-Z of Vitamins and Minerals)

## Nutritional Information per Daily Intake (2 Tablets)

	Amount	% EC RDA
Calcium (as Ascorbate, Carbonate and Citrate)	340mg	42.5
Magnesium (as Citrate & Oxide)	150mg	50
Vitamin C (as Calcium Ascorbate)	200mg	333.3
Vitamin E Acetate (Preparation with Silicon Dioxide) 90iu	60.6mg	606
Pantothenic Acid (Vitamin B5 as Calcium Pantothenate)	50mg	833.3
Niacin (Vitamin B3 as Nicotinamide)	50mg	278
Choline (as Bitartrate)	20mg	-
Iron (as Ferrous Fumarate)	10mg	71.4
Zinc (As Citrate Trihydrate)	10mg	66.7
Thiamin (Vitamin B1 as Thiamin Hydrochloride)	25mg	1785.7
Riboflavin (Vitamin B2)	25mg	1562.5
Vitamin B6 (as Pyridoxine Hydrochloride & Pyridoxyl-5-Phosphate)	20mg	1000
Inositol	20mg	-
Vitamin A Acetate (Preparation with Sucrose, Starch & Gum Arabic) 5000iu	1500µg	187.5
Iodine (as Kelp Extract),	30µg	20
Vitamin B12 (Preparation as Cyanocobalamine with Mannitol),	10µg	1000
Boron (as Sodium Tetraborate Decahydrate)	1mg	-
Vitamin D2 (Preparation as Ergocalciferol with Maltodextrin, Hydroxypropyl Methylcellulose & Vitamin E) 600iu	15µg	300
Manganese (as Amino Acid Chelate),	2.6mg	-
Beta Carotene (Preparation as Beta Carotene with Maltodextrin	500µg	-
Selenium Preparation (L-Selenomethionine With Dicalcium Phosphate),	30µg	-
Vitamin K (Preparation as vitamin K with Sucrose & Acacia Gum)	40µg	-
Chromium (as Polynicotinate)	30µg	-
Folic Acid	200µg	100
Copper (as Citrate)	50µg	-
Vanadium (as Vanadyl Sulphate)	30µg	-
Molybdenum (as Sodium Molybdate)	30µg	-
Biotin	50µg	33.3

### **Non-active ingredients:**

Microcrystalline cellulose, magnesium stearate & silicon dioxide

### **Tablet Coating:**

Glycerine, hydroxypropyl methylcellulose & natural caramel

### **Recommended Intake**

Take 2 tablets daily with food, or as professionally directed.

### **Allergen Information**

None

### **Contraindications**

This product contains vitamin A. Do not take if pregnant, planning a pregnancy or breastfeeding, unless on the advice of a doctor or antenatal clinic. If you are under medical supervision, please consult a doctor before use. Long term intake of amounts greater than 10mg of vitamin B6 may lead to mild tingling and numbness.

This product contains iron, which, if taken in excess, may be harmful to very young children.