

# Formula 2



**Multi vitamin and mineral supplement with B vitamins, iodine, zinc, manganese, copper and selenium to support healthy methylation, provide protection from damaging free radicals and assist in the improvement of general wellbeing.**

**AUST L 228221**

**Pack Size:** 84 Tablets

**Recommended Dosage:** Adults – Take one tablet once daily or as directed by your healthcare professional.

This product contains no wheat, yeast, soy, alfalfa, milk or corn allergens and no sucrose, starch, gluten, hydrogenated oils, artificial colours, flavours or preservatives.

## Key Features and Benefits:

- Contains vitamin B1, which is needed for the production of energy in the body and plays a role in nerve function and transmission
- Source of vitamin B6, which assists with hormone modulation and the synthesis of several neurotransmitters including serotonin, GABA and dopamine
- Source of folic acid, which is essential for the synthesis of DNA and cellular division, supports healthy methylation and assists in the maintenance of normal blood
- Source of Vitamin E for additional antioxidant support
- Contains iodine, required for the synthesis of thyroid hormones, which control a number of physiological processes in the body
- Provides manganese, which is involved in the metabolism of carbohydrates, amino acids and cholesterol, supports the growth and maintenance of connective tissue and cartilage and helps protect the body from the damaging effects of free radicals
- Contains copper, a component of the antioxidant superoxide dismutase and necessary for the production of red blood cells, connective tissue formation and the health and function of the immune system

## Ingredients:

| Each Tablet Contains:              |        |                                   |       |
|------------------------------------|--------|-----------------------------------|-------|
| Thiamine hydrochloride             | 15mg   | Zinc (as citrate)                 | 8mg   |
| Pyridoxine hydrochloride           | 75mg   | Manganese (as amino acid chelate) | 1.5mg |
| Folic acid                         | 500mcg | Manganese (as gluconate)          | 1.5mg |
| Sodium phosphate-dibasic anhydrous | 100mg  | Copper gluconate                  | 1mg   |
| Potassium sulfate                  | 100mg  | Selenium (as selenomethionine)    | 63mcg |
| d-alpha-tocopheryl acid succinate  | 124mg  |                                   |       |
| Equiv. vitamin E natural           | 150IU  |                                   |       |
| Iodine (as potassium iodide)       | 150mcg |                                   |       |

**Cautions:** This product contains selenium, which is toxic in high doses. A daily dose of 100mcg of selenium from dietary supplements should not be exceeded. Selenium containing products are not suitable for use by children under the age of 15 years. This product contains pyridoxine hydrochloride that may be dangerous when used in large amounts or for a long time. Always read the label. Use only as directed. If symptoms persist consult your healthcare professional. Vitamin supplements should not replace a balanced diet. For training purposes only. Not for distribution to the general public. For practitioner dispensing only.

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