

# Formula 3



**Multi vitamin and mineral supplement with iron, copper, iodine and B vitamins to support cellular energy production and the maintenance of general wellbeing.**

**AUST L 232088**

**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 nutrients that are vital for the production of ATP (cellular energy).
- Supports the healthy metabolism of proteins, fats and carbohydrates.
- Contains copper, folic acid, vitamin B12 and iron, which are required for healthy red blood cell production.
- Copper is also involved in the absorption and metabolism of iron.
- Supports the formation of haemoglobin, which is needed for the transport of oxygen around the body.
- Source of iodine, which is required for the production of the thyroid hormones T3 and T4, that control a number of biological processes in the body.
- Supports healthy nervous system function and may be beneficial during times of stress.
- Contains B5, which plays a central role in adrenal function and cellular metabolism.

## Ingredients:

Each Tablet Contains:			
Copper (as gluconate)	1.5mg	Potassium phosphate dibasic	55mg
Iron (as amino acid chelate)	10mg	Cyanocobalamin	21mcg
Manganese (as amino acid chelate)	2mg	Folic acid	480mcg
Manganese (as gluconate)	2mg	Calcium pantothenate	100mg
Iodine (as potassium iodide)	150mcg		

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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