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Vitabiotics Menopace Plus - 56 Tablets

Ingredients

Vitamin & Mineral Tablet Ingredients: Maltodextrin, Magnesium Oxide, Bulking Agents: Dibasic Calcium Phosphate & Microcrystalline Cellulose, Vitamin C (Ascorbic Acid), Pantothenic Acid (as Calcium Salt), Tablet Coating (Hydroxypropylmethylcellulose, Polydextrose, Medium Chain Triglycerides, Glycerin, Colours: Calcium Carbonate & Copper Chlorophyllin [Natural Source]), Vitamin E (D-Alpha Tocopheryl Acid Succinate) (from **Soya**), Zinc Sulphate, Para Amino Benzoic Acid, Anti-Caking Agents: Stearic Acid, Silicon Dioxide & Magnesium Stearate, Niacin (as Nicotinamide), **Soya** Isoflavone Extract (from **Soya**), Thiamin (Vitamin B1 as Mononitrate), Ferrous Fumarate, Vitamin B6 (Pyridoxine HCl), Vitamin B12 (Cyanocobalamin), Vitamin A (Acetate, Antioxidant: DL-Alpha Tocopherol), Crosslinked Cellulose Gum, Riboflavin, Vitamin D3 (Cholecalciferol, Antioxidant: DL-Alpha Tocopherol), Chromium Chloride, Copper Sulphate, Manganese Sulphate, Folic Acid (as Pteroylmonoglutamic Acid), Potassium Iodide, Sodium Selenate, Biotin.

Active Botanical Tablet Ingredients: Bulking Agents: Microcrystalline Cellulose, Silicified Microcrystalline Cellulose & Dibasic Calcium Phosphate, Maltodextrin, **Soya** Isoflavone Extract (from **Soya**), Standardised Sage Extract, Standardised Green Tea Extract (Tea Polyphenols, Catechins, **Caffeine 4%**), Standardised Lignan Extract, Tablet Coating (Hydroxypropylmethylcellulose, Polydextrose, Medium Chain Triglycerides, Colours [Calcium Carbonate & Iron Oxides]), Anti-Caking Agents: Silicon Dioxide, Magnesium Stearate & Stearic Acid, Crosslinked Cellulose Gum.

Allergy advice - For allergens, see ingredients in **bold**.

Vitamin & Mineral Tablet

Nutritional Information	Av. Per Tablet	%NRV†
Vitamin A (2500 IU)	750 µg RE	94
Vitamin D (as D3 200 IU)	5 µg	100
Vitamin E	30 mg α-TE	250
Vitamin C	45 mg	56
Thiamin (Vitamin B1)	10 mg	909
Riboflavin (Vitamin B2)	5 mg	357
Niacin (Vitamin B3)	20 mg NE	125
Vitamin B6	10 mg	714
Folic Acid	400 µg	200
Vitamin B12	9 µg	360
Biotin	30 µg	60

Pantothenic Acid	30 mg	500
Magnesium	100 mg	27
Iron	6 mg	43
Zinc	15 mg	150
Copper	1000 µg	100
Manganese	0.5 mg	25
Selenium	100 µg	182
Chromium	50 µg	125
Iodine	225 µg	150
PABA	25 mg	-

†NRV - Nutrient Reference Value, µg - microgram, mg - milligram, IU - International Units

Active Botanical Tablet

Nutritional Information	Av. Per Tablet	%NRV†
Soya Isoflavone Extract	100 mg	-
Sage Extract eq. to	250 mg	-
Green Tea Extract (Standardised Extract 55% Polyphenols)	50 mg	-
Flaxseed Lignans (Standardised SDG 20%)	50 mg	-