



Wellwoman 70+

Uses

Dosage

Adults: 1 tablet per day with a main meal.

Format and Ingredients

Tablet containing:
Coenzyme Q10 10mg, Phosphatidylcholine 7mg, Lutein Esters 2mg, Alpha Lipoic Acid 20mg, L-Carnitine 10mg, Citrus Bioflavonoids 10mg, Beta-carotene 2mg, Vitamin D (as D3 800 IU) 20µg 400, Vitamin E (natural source) 12mg α -TE 100, Vitamin C 80mg 100, Thiamin (vitamin B1) 14mg 1273, Riboflavin (vitamin B2) 4mg 286, Niacin (vitamin B3) 30mg NE 188, Vitamin B6 10mg 714, Folic Acid 200µg 100, Vitamin B12 100µg 4000, Biotin 50µg 100, Pantothenic acid 6mg 100, Iron 10mg 71, Zinc 15mg 150, Copper 1000µg 100, Manganese 0.5mg 25, Selenium 120µg 218, Chromium 75µg 188, Iodine