



## A-Z Multivitamin & Minerals

### Uses

Specially formulated with a blend of 23 essential vitamins and minerals to support your overall health and wellbeing. This formula includes vitamins C and B12 to support a healthy immune system, vitamin A to support healthy vision, iron to reduce tiredness and fatigue, and zinc to support healthy cognitive function. All vitamin levels meet 100% NRV to ensure you are getting a daily top up to complement a balanced diet.

### Dosage

Take 1 tablet a day with plenty of liquid. Do not exceed the daily dose.

### Format and Ingredients

Tablet containing:

Vitamin A 800µg RE 100, Vitamin D3 5µg 100, Vitamin E 12mg ?-TE 100, Vitamin K 75µg 100, Vitamin C 80mg 100, Vitamin B2 (riboflavin) 1.4mg 100, Niacin 16mg NE 100, Vitamin B6 1.4mg 100, Folic Acid 200µg 100, Vitamin B12 2.4µg 100, Biotin 50µg 100, Pantothenic Acid 6mg 100, Calcium 200mg 25, Magnesium 60mg 16, Iron 14mg 100, Zinc 10mg 100, Copper 500µg 50, Manganese 0.5mg 25, Selenium 55µg 100, Chromium 40µg 100, Molybdenum 50µg 100, Iodine 150µg 100,

**Category:**  
Boots Vitamins and Supplements

**Manufacturer:**  
BOOTS THE CHEMISTS

**Pack size:** 90

**RRP:**

**Legal Status:**