



## Wellwoman Max

### Uses

### Dosage

Adults: 1 micronutrient tablet, 1 omega 3-6-9 capsule and 1 calcium tablet per day with a main meal.

### Format and Ingredients

Tablet containing:

Green Tea Extract equivalent to 40mg, Guarana Extract equivalent to 100mg, CoEnzyme Q10 2mg, Citrus Bioflavonoids 10mg, L-Carnitine 30mg, L-Methionine 40mg, N-Acetyl Cysteine 30mg, Beta-carotene 2mg, Vitamin D (as D3 600 IU) 15µg 300, Vitamin E (natural source) 20mg ?-TE 167, Vitamin K 90µg 120, Vitamin C 80mg 100, Thiamine (vitamin B1) 10mg 909, Riboflavin (Vitamin B2) 4mg 286, Niacin (Vitamin B3) 36mg NE 225, Vitamin B6 8mg 571, Folic Acid 400µg 200, Vitamin B12 20µg 800, Biotin 50µg 100, Pantothenic Acid 6mg 100, Magnesium 100mg 27, Iron 14mg 100, Zinc 15mg 150, Copper 1000µg 100, Manganese 2mg 100, Selenium 100µg 182, Chromium 50µg 125, Iodine 150µg 100, Capsule containing: Omega-3 Fish Oil 400mg, providing Omega-3 fatty acids 185mg, Starflower Oil 100mg, providing Omega-6 fatty acids 17mg, Evening Primrose Oil 100mg, providing Omega-6 fatty acids 8.5mg, Olive Oil EP Grade 60mg, providing Omega-9 fatty acids 28mg, Vitamin E 6.6mg ?-TE 55, Tablet containing: Vitamin D (as D3 400 IU) 10µg 200, Calcium 500mg 63,

**Category:**  
Vitamins, Minerals and Nutritionals

**Pack size:** 3 x 28

**Manufacturer:**  
VITABiotics LTD

**RRP:** £19.85