



## Wellman 50+

### Uses

### Dosage

Adults: 1 tablet per day with a main meal.

### Format and Ingredients

Tablet containing:

Siberian Ginseng Extract equivalent to 20mg, CoEnzyme Q10 2mg, L-Carnitine 10mg, Citrus Bioflavonoids 10mg, Lutein Esters 2mg, Phosphatidylcholine 10mg, L-Glutathione 5mg, L-Arginine 20mg, L-Methionine 20mg, Beta-carotene 3.25mg, PABA 10mg, Vitamin A (2666 IU) 800µg RE 100, Vitamin D (as D3 600 IU) 15µg 300, Vitamin E (natural source) 12mg ?-TE 100, Vitamin C 80mg 100, Thiamine (vitamin B1) 14mg 1273, Riboflavin (Vitamin B2) 4mg 286, Niacin (Vitamin B3) 36mg NE 225, Vitamin B6 9mg 643, Folic Acid 200µg 100, Vitamin B12 20µg 800, Biotin 50µg 100, Pantothenic Acid 10mg 167, Iron 6mg 43, Zinc 15mg 150, Iodine 150µg 100, Manganese 0.5mg 25, Copper 1000µg 100, Chromium 75µg 188, Selenium 55µg 100, Silicon 10mg,

**Category:**  
Vitamins, Minerals and Nutritional

**Manufacturer:**  
VITABIOTICS LTD

**Pack size:** 30

**RRP:** £9.55

**Legal Status:**