

FORMULA 2 VITAMIN & MINERAL COMPLEX WOMEN



SKU #1819

NUTRITIONAL INFORMATION

Daily serving: 2 tablets Servings per container: 30		
VITAMINS	2 tablets provide	% NRV*
Vitamin A	800 µg RE	100%
Vitamin D	20 µg	400%
Vitamin E	30 mg α-TE	250%
Vitamin K	90 µg	120%
Vitamin C	250 mg	313%
Thiamin (vitamin B1)	1.6 mg	145%
Riboflavin (vitamin B2)	5 mg	357%
Niacin (vitamin B3)	14 mg NE	88%
Vitamin B6	2 mg	143%
Folic acid	324 µg	162%
Vitamin B12	1.9 µg	76%
Biotin	100 µg	200%
Pantothenic acid (vitamin B5)	5.7 mg	95%
MINERALS		
Calcium	300 mg	38%
Phosphorus	250 mg	36%
Magnesium	113 mg	30%
Iron	13 mg	93%
Zinc	8.7 mg	87%
Copper	0.50 mg	50%
Manganese	1 mg	50%
Selenium	79 µg	144%
Chromium	40 µg	100%
Iodine	93 µg	62%
OTHER SUBSTANCES		
Choline	82.5 mg	

Core Nutrition

Are you looking to optimise your daily vitamin and mineral intake?

Discover Formula 2 Vitamin & Mineral Complex Women, your easy route to 24 nutrients to support what your body needs. It contains essential vitamins and minerals in just the right amounts to nourish and care for the specific health needs of women.



HORMONAL ACTIVITY: Contains vitamin B6 which contributes to the regulation of hormonal activity.



ENERGY METABOLISM: Includes vitamin B12 to contribute to normal energy-yielding metabolism.



BONE HEALTH: Contains calcium which is needed for the maintenance of normal bones.



SKIN, HAIR & NAIL HEALTH: Includes zinc to contribute to the maintenance of normal skin, hair and nails.

*Nutrient Reference Value.

KEY BENEFITS:

- Tailored to the individual health needs of women.
- Provides the optimal amount of key nutrients that your body needs.
- Delivers 71 individual EU authorised claims.
- Developed by experts in nutrition and backed by proven science.

USAGE

- Take 2 tablets daily with food.
- For the ultimate in daily nutrition use this product in conjunction with Herbalife Formula 1 Nutritional Shake Mix. Take 1 tablet a day if you are taking 2 shakes a day, and 2 tablets a day if you are taking 1 shake a day.

To find out more, contact me today: