

HealthAid Gericaps Capsules

A highly potent and uniquely balanced combination of natural vitamins, minerals and trace elements. **HealthAid Gericaps** helps revitalise the body, enable a more active lifestyle, maximise energy levels, and contribute to the reduction of stress and exhaustion from the day to day routine.

‘Boost Energy, Increase Vitality’

What are HealthAid Gericaps capsules for?

- Beneficial to increase energy levels
- Beneficial to increase metabolism
- Beneficial to improve heart & blood circulation
- May serve as an antioxidant
- Beneficial to improve digestion

Who needs to use HealthAid Gericaps?

Gericaps may be of help to:

- People juggling careers and family
- People wishing to boost their energy levels
- People who lead a less than adequate lifestyle
- People who want to maintain general good health and well-being
- Poor eaters, dieters and people lacking exercise
- Executives, people who require concentration, alertness and energy in everyday activities

Recommended Daily Intake of HealthAid Gericaps Capsules:

Adults and children over 12years of age, one capsule daily with food. Do not exceed recommended daily intake unless advised by a suitably qualified person.

*** This product contains iron which if taken in excess may be harmful to very young children.**

Keep out of sight and reach of children.

Caution:

Please seek professional advice before using this supplement if you are pregnant, on prescribed medication, or suffering from renal failure.

Allergen Information: This product contains soya.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Each HealthAid Gericaps Capsule contains (average):	%NRV	
Vitamin A (2664iu)	800ug	100
Vitamin D (200iu)	5µg	100

Vitamin E (10iu)	9mg	75
Vitamin C	60mg	75
Thiamin (Vitamin B1)	5mg	455
Riboflavin (Vitamin B2)	5mg	357
Niacin (Vitamin B3)	18mg	113
Vitamin B6 (Pyridoxine)	5mg	357
Folic acid	400µg	200
Vitamin B12	1µg	40
Pantothenic acid (Vitamin B5)	7mg	117
Calcium	134mg	17
Iron †	14mg	100
Zinc	4mg	40
Iodine	350µg	233
Copper	1mg	100
Manganese	1mg	50
Choline	50mg	*
Inositol	50mg	*
Lecithin	23mg	*
L-Lysine	20mg	*

*: EC Nutrient Reference Value Not Yet Established

INGREDIENTS FOR GERICAPS CAPSULES:

Bulking Agent (di-calcium phosphate, soybean oil, vegetable shortening, yellow beeswax), Capsule Shell [gelling agent (gelatine), humectants (glycerol, purified water), natural colours (titanium dioxide, sunset yellow, allura red, brilliant blue)], Choline Bitartrate, Vitamin C (ascorbic acid), Inositol, Iron † (ferrous fumarate), L-Lysine HCl, Emulsifier [lecithin (unbleached)], Niacinamide, Potassium Citrate, D-Calcium Pantothenate, Vitamin E (dl-alpha tocopheryl acetate), Potassium Iodide, Thiamine Mononitrate, Pyridoxine HCl, Riboflavin, Zinc Oxide, Manganese Sulfate, Vitamin A Palmitate, Cupric Sulphate, Magnesium Oxide, Folic Acid, Vitamin D2 (ergocalciferol), Vitamin B12 (cyanocobalamin).