

FemmeVit PMS (Vit B6, Vit E, Chamomile++) - HealthAid

FemmeVit Tablets provide optimum nutritional support for women's health and wellbeing and assist them through that difficult time of the month by contributing to the maintenance of healthy hormonal balance and the reduction of tiredness.

Two FemmeVit Tablets contains (average):		%NRV	Two FemmeVit Tablets contains (average):		%NRV	Recommended Daily Intake of FemmeVit Tablets : Two tablets daily with food (preferably from the middle of the cycle). Do not exceed recommended daily intake unless advised by a suitably qualified person. Caution: Please seek professional advice before taking this supplement if you are pregnant, likely to become pregnant, or if you are on prescribed medication. This product contains iron, which, if taken in excess, may be harmful to very young children. ** Food Supplements should not be used as a substitute for a varied and balanced diet and
Natural Mixed Carotenoids				120 mg	*	
Which provides Beta Carotene				3mg	*	
Vitamin D3 (200iu)	5µg	100	Vitamin E (50iu)	34mg	283	
Vitamin C	60mg	75	Vitamin B1 (Thiamine HCl)	10mg	909	
Vitamin B2	10mg	714	Vitamin B3 (Nicotinamide)	18mg	113	
Pantothenic Acid	6mg	100	Vitamin B6 (Pyridoxine HCl)	10mg	714	
Folacin (Folic Acid)	400µg	200	Vitamin B12	10µg	400	
Iron +	14 mg	100	Magnesium	150mg	40	
Zinc	15mg	150	Iodine	150µg	100	
Chromium	200µg	500	Selenium	50µg	91	
ParaAmino Benzoic Acid (PABA)	50mg	*	Starflower Oil Powder (Borage Oil)	150mg	*	
Chamomile Extract	50mg	*	Oat Seed Extract (10:1) (Equivalent to 400mg of oat seed powder)	40mg	*	
Ginger Root Extract (20:1) (Equivalent to 1000mg of Ginger Root Powder)	50mg	*	Vitex Agnus Castus Extract (5:1) (Equivalent to 100mg of Agnus Castus Powder)	20mg	*	
*: EC Nutrient Reference Value Not Yet Established						
INGREDIENTS FOR FEMMEVIT TABLETS:						
Bulking Agent (di-calcium phosphate, microcrystalline cellulose), Magnesium Oxide, Borage Seed Oil Powder						

(borago officinalis), Mixed Carotenoids, Natural Vitamin E (d-alpha-tocopherol), Vitamin C (ascorbic acid), Anti-caking Agent (silica, veg. magnesium stearate), Para Amino Benzoic Acid (PABA), Chamomile Flower Extract (matricaria recutita), Ginger Root Extract (zingiber officinalis), Iron † (ferrous fumerate), Zinc Citrate, Oat Seed Extract (avena sativa), Agnus Castus Berry Extract (vitex agnus castus), Nicotinamide (vitamin B3), Pyridoxine HCl (vitamin B6), Thiamine HCl (vitamin B1), Riboflavin (vitamin B2), Pantothenic Acid (calcium pantothenate), Vitamin D3 (cholecalciferol), Chromium Chloride, Folic Acid, Potassium Iodide, Sodium Selenite, Vitamin B12 (cyanocobalamin), Glazing Agent [hydroxy propyl methyl cellulose (HPMC)].

**healthy
lifestyle.**