

## HealthAid Day-vit Active Tablets

Day-vit Active is a well balanced formulation that offers maximum performance and vitality throughout the day. A unique combination of vitamins, minerals and dl-Methionine, enriched with CoQ10 & pure standardised Panax (Korean) Ginseng to contribute to the maintenance of physical and mental energy.

### What are HealthAid Day-vit® Active tablets for?

Day-vit® Active tablets contain a wide range of vitamins, minerals and trace elements at the suggested Recommended Daily Intake to help safeguard your daily nutrient intake and provide the nutritional support that your body needs to cope with the demands of everyday life.

- Vitamins are organic substances that are essential in regulating both the metabolic functions within the cells and the processes that release energy from food
- Vitamin A contributes to the maintenance of strong immune system and healthy eyes and skin
- Vitamin D contributes to the maintenance of strong bones and healthy teeth
- Vitamin E and Vitamin C are powerful antioxidants that protect the body from the harmful effects of free radicals and contribute to the maintenance of strong immune system
- B vitamins are important in metabolic activity and energy production, also contribute to normal red blood cell formation, cell division and amino acid metabolism
- Minerals are inorganic substances which are important for various metabolic processes in the body

### HealthAid Day-vit Active Tablets may be of benefit to:

- People who want to boost their energy
- People leading a stressful life
- People who do not eat a healthy balanced diet
- Students going through their exam period
- People who are on a weight management programme

### When Should I Take HealthAid Day-vit Active Tablets?

Day-vit Active Tablets are an all round supplement ideally used during periods of extreme stress. It is a balanced multivitamin that provides physical and mental energy to individuals who want to support their body and be more active

### Recommended Daily Intake of HealthAid Day-vit Active Tablets:

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

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

Each Day-vit Active Tablet Contains:		%NRV	Each Day-vit Active Tablet Contains:		%NRV
Vitamin A (2667iu)	800µg	100	Vitamin D (200iu)	5µg	100
Vitamin E (15iu)	10mg	83	Vitamin C	60mg	75
Thiamin (vitamin B1)	1.4mg	127	Riboflavin (vitamin B2)	1.6mg	114

Niacin (as nicotinamide)	18mg	113	Vitamin B6	2mg	143
Folic acid	200µg	100	Vitamin B12	1µg	40
Biotin	150µg	300	Pantothenic acid	6mg	100
Vitamin K	30µg	40	Iron	14mg	100
Manganese	2mg	100	Zinc	15mg	150
Iodine	150µg	100	Copper	1mg	100
Selenium	100µg	182	Chromium	40µg	100
Molybdenum	50µg	100	Korean Ginseng 15:1 Extract (standardized to 25% ginsenosides) Equivalent to 600mg <i>Korean Ginseng</i> powder	40mg	*
dl-Methionine	40mg	*	Choline Bitartrate	50mg	*
Inositol	50mg	*	Lutein	2mg	*
Silica	10mg	*	CoQ10	5mg	*

\*: EC Nutrient Reference Value Not Yet Established

#### INGREDIENTS FOR DAY-VIT ACTIVE TABLETS:

Bulking Agent (maltodextrin, di-calcium phosphate, microcrystalline cellulose), Potassium Chloride, Calcium Carbonate, Magnesium Oxide, L-ascorbic Acid, Inositol, Choline Bitartrate, Glazing Agent (red colour dispersion), Iron † (ferrous fumarate), DL-methionine, Ginseng Root Extract, Beta Carotene, Nicotinamide, Zinc Oxide, Anti-caking Agent (veg. stearic acid, silicon dioxide, veg. magnesium stearate), Vitamin E Natural, Lutein, Calcium d-Panthenate, Manganese Sulphate, Co Enzyme Q10, Binding Agent (gum acacia), Copper Sulphate, Pyridoxine Hydrochloride, Vitamin D3, Thiamin (vitamin B1), Riboflavin (vitamin B2), Vitamin K, Chromium Picolinate, Folic Acid, Sodium Selenite, Potassium Iodide, D-Biotin, Sodium Molybdate, Vitamin B12.

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

**Keep out of sight and reach of children.**