

# Bio-Multi Vitamin and Mineral

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## NAME AND PACKAGE

The trade name of the preparation is Bio-Multi Vitamin and Mineral. It is sold in tablets packed in blister packs, in boxes of 60 and 150.

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## PRODUCT INFORMATION

Declared content per tablet:

Vitamin A as Retinol	864 µg
Vitamin D	2.5 µg
Vitamin E	30 mg
Vitamin C	200 mg
Thiamin (Vit B <sub>1</sub> )	1.8 mg
Riboflavin (Vit B <sub>2</sub> )	2.8 mg
Niacin	15 mg
Vitamin B <sub>6</sub>	4.2 mg
Folic	200 µg
Chromium	50 µg
Vitamin B <sub>12</sub>	4.5 µg
Biotin	100 µg
Pantothenic acid	7.5 mg
Magnesium	75 mg
Zinc	7.5 mg
Selenium	62.5 µg
Manganese	2.5 mg
Copper	1.0 mg

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## COMPONENT SUBSTANCES

Microcrystalline cellulose  
Crosslinked sodium carboxymethyl cellulose  
Talc  
Silicon dioxide  
Hydroxypropyl methyl cellulose  
Maltodextrin  
Iron oxide  
Titanium dioxide  
Zein  
Magnesium salts of fatty acids

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## QUALITY REQUIREMENTS

The raw materials comply with government regulations in the EC and Scandinavia. Testing ensures that the raw materials are in accordance with their certificates of analysis.

The tablets are produced under pharmaceutical control.

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## SHELF LIFE

Minimum 2 years

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## PACK SIZE

60 and 150 tablets

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## THE PREPARATION

The preparation is a brick red coated, oval tablet.

The average tablet weight is 1027mg with a deviation of ±5%.

The tablets are packed in a press out transparent plastic blister pack with an aluminium membrane approved for use with food.

All blister packs are batch numbered and the boxes are date stamped in accordance with current regulations.

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## CONTRA-INDICATIONS

There are no known adverse effects or drug contra-indications.

Pregnant or lactating women and those on medication should consult a doctor before using any product.

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## STORAGE

Product to be stored at room temperature.

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## USAGE

1-2 tablets to be taken per day with food, or as directed by a physician.

Not suitable for vegetarians and vegans.

Sugar, lactose, soy and gluten free.

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## PRODUCT RIGHTS

The rights to this product belong to:  
Pharma Nord ApS, Denmark.