



## Pharmaton Advance Multivitamins and Minerals Capsules

### Uses

### Dosage

18 years and over: 1 capsule per day. Not suitable for pregnant or breastfeeding women.

### Format and Ingredients

Capsule containing:  
Panax Ginseng Extract G115 40mg, Vitamin A 800mcg RE 100, Vitamin B1 (thiamine) 1.1mg 100, Vitamin B2 (Riboflavin) 1.4mg 100, Niacin 16.13mg 101, Vitamin B6 1.4mg 100, Biotin 50µg 100, Folic Acid 200µg 100, Vitamin B12 2.5µg 100, Vitamin C 60mg 75, Vitamin D 5µg 100, Vitamin E 12mg ?-TE 100, Calcium 120mg 15, Iron 10.5mg 75, Zinc 1.5mg 15, Copper 1mg 100, Manganese 2mg 100, Selenium 55µg 100, Soy lecithin powder 100mg,

**Category:**  
Vitamins, Minerals and Nutritionals

**Manufacturer:**  
OPELLA HEALTHCARE

**Pack size:** 30, 100

**RRP:** £9.64, £23.58

**Legal Status:** ,