

# Wellteen Her



## Category

Vitamins, Minerals and  
Nutritionals

## Manufacturer

VITABIOTICS LTD

## Pack size

30

## RRP

£8.95

## Legal Status

## Uses

## Format and Ingredients and %NRV

Tablet containing:

L-Carnitine Tartrate 50mg, Cranberry Extract 100mg produced from 2.5g cranberries, Coenzyme Q10 2mg, Grape Seed Extract (95% Proanthocyanidins) 15mg, Beta-carotene 2mg, Silicon 30mg, Vitamin D (as D3 800 IU) 20µg 400, Vitamin E (natural source) 8mg ?-TE 67, Vitamin C 80mg 100, Thiamin (vitamin B1) 6mg 545, Riboflavin (vitamin B2) 3mg 214, Niacin (vitamin B3) 18mg NE 113, Vitamin B6 8mg 571, Folic Acid 400µg 200, Vitamin B12 20µg 800, Biotin 75µg 150, Pantothenic Acid 6mg 100, Magnesium 94mg 25, Iron 14mg 100, Zinc 15mg 150, Copper 1000µg 100, Manganese 2mg 100, Selenium 55µg 100, Chromium 50µg 125, Iodine 150µg 100,

## Dosage

Teenagers (13-19 years): 1 tablet per day with a main meal.