# Wellwoman 50+

## Uses

## Dosage

Adults: 1 tablet per day with a main meal.

## Format and Ingredients

Tablet containing:
Lutein Esters 2mg, Green Tea Extract 20mg, CoEnzyme Q10 2mg, L-Carnitine 10mg, Alpha Lipoic Acid (ALA) 20mg, Beta-carotene 2mg, Vitamin D (as D3 400 IU) 10µg 200, Vitamin E 15mg ?-TE 125, Vitamin C 60mg 75, Thiamine (Vitamin B1) 14mg 1273, Riboflavin (Vitamin B2) 4mg 286, Niacin (Vitamin B3) 30mg NE 188, Vitamin B6 10mg 714, Folic Acid 200µg 100, Vitamin B12 5µg 200, Biotin 50µg 100, Pantothenic Acid 6mg 100, Iron 10mg 71, Magnesium 60mg 16, Zinc 15mg 150, Manganese 0.5mg 25, Copper 1000µg 100, Selenium 120µg 218, Chromium 75µg 188, Phosphatidylcholine 10mg, Citrus Bioflavonoids 10mg,

**Category:**
Food supplements

**Manufacturer:**
VITABIOTICS LTD

**Pack size:** 30

**RRP:** £9.55

**Legal Status:**

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Linen Hall, 162-168 Regent Street, London W1B 5TB