

4Life Vitamin & Minerals Complex

To fulfill daily nutritional needs.

4Life® Vitamin and Mineral Complex is a daily supplement designed to bridge nutritional gaps and support overall wellness. With 27 essential vitamins and minerals, it helps compensate for deficiencies caused by today's fast-paced lifestyle, unbalanced meals, and inadequate nutrient intake. These nutrients are essential for supporting key bodily functions, healthy growth, and daily vitality.

What is 4Life Vitamin & Mineral Complex?

4Life® Vitamin & Mineral Complex is a daily supplement designed to provide essential vitamins and minerals for overall health and well-being. It contains 13 essential vitamins and 14 essential minerals as per Indian RDA guidelines, ensuring that the body gets the necessary nutrients to maintain optimal health. The complex supports healthy body weight, aids in maintaining skin, hair, and bone health, and strengthens the immune system. It also enhances growth, energy, and overall well-being when taken with a balanced diet. 4Life® Vitamin & Mineral Complex is ideal for anyone looking to fill nutritional gaps, enhance vitality, and support overall body functions.

Key Features:

- Antioxidants such as Vitamin E, A, and Selenium help protect the body from free radicals, reducing oxidative stress.
- Folic Acid, Vitamin B6, and Vitamin B12 play a vital role in energy production, supporting nerve function, red blood cell (RBC) formation, and strengthening the immune system.
- Fat-soluble vitamins like Vitamin A, D, E, and K promote bone health, support the immune system, enhance skin health, and aid in cell growth and development.
- The minerals in this formula help activate enzymes, improve energy production, strengthen the immune system, and provide antioxidant protection and support hemoglobin synthesis.

Primary Support:

- Nutritional Support*
- Overall, Health & Well-being*
- Healthy Weight Management*

*These statements have not been evaluated by FSSAI. This product is not intended to diagnose, treat, cure, or prevent any disease.



Take two tablets after meals with a 250 ml glass of water.

Supplement Facts

Nutritional Information	Each serving of two film coated tablets contains	% age RDA as per NISDI
Vitamin C	58 mg	95
Vitamin B3	52 mg	100
Vitamin E	9 mg	90
Vitamin B6*	1.9 mg	58
Vitamin B2	3.1 mg	100
Vitamin B1	1 mg	100
Vitamin B8	1 mg	50
Vitamin A (as retinol)	600 mcg	100
Folic Acid	100 mcg	100
Biotin*	20 mcg	200
Vitamin K	20 mcg	90.9
Vitamin D	5 mcg	80
Vitamin B12	0.9 mcg	90
Calcium	100 mg	80.3
Potassium	100 mg	22.3
Potassium	80 mg	2.5
Chloride	72 mg	-
Phosphorus	40 mg	6.7
Iron	15 mg	71.4
Zinc	30 mg	100
Manganese	4 mg	80
Copper	1.2 mg	88.9
Boron	100 mcg	-
Iodine	100 mcg	66.7
Molybdenum	75 mcg	-
Selenium	28 mcg	95
Chromium	30 mcg	90.9