

# 4LIFE VITAMIN & MINERAL COMPLEX

To support daily nutritional needs



## Essential vitamin and mineral complex

### Simplify Your Life!

Supplement a healthy diet with essential nutrients you need on a daily basis with 4Life Vitamin & Mineral Complex. It contains 27 essential vitamins and minerals to provide complete nutritional coverage and fill in the nutritional gaps of your daily diet.

Vitamins and minerals are essential for the body's normal growth and development. Lifestyle changes, fast living, and erratic eating habits often deprive the body of an adequate and balanced diet.

### Key Points

- Includes essential nutrients and antioxidants for health and vitality
- Supports healthy weight management
- Provides 13 essential vitamins and 14 essential minerals as per Indian RDA
- Helps maintain the health of bones, skin, hair, and the immune system

### Technical Points

- Includes antioxidant vitamins C, E, A, and selenium, to help protect the cells from free radical damage.
- Folic acid, Vitamin B6, and Vitamin B12 promote vascular health, as part of a well-balanced diet that is low in saturated fat and cholesterol.
- Vitamin C and B-Complex vitamins are water soluble and hence not stored in the body. Since vitamins are not produced within the body, these have to be sourced / replenished daily from the food we eat. Supplementing the diet with these vitamins is a healthy approach to support a healthy diet.
- Consuming fat soluble vitamins in adequate amounts is essential to good health. Primary sources of these vitamins are non-vegetarian food. Supplementing the daily diet with these nutrients is a sensible approach to maintaining optimal health.

### PRIMARY BENEFITS

- Promote overall good health and vitality
- Fills up the nutritional gap in daily diet
- Contains 13 vitamins and 14 minerals
- Supports healthy weight management

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

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Nutritional Information

Each serving two film coated tablet contains

Essential Vitamins

Vitamin C	38 mg
Vitamin B3	12 mg
Vitamin E	8 mg
Vitamin B5	1.9 mg
Vitamin B2	1.1 mg
Vitamin B1	1 mg
Vitamin B6	1 mg
Vitamin A (as retinol)	600 mcg
Folic Acid	100 mcg
Biotin	30 mcg
Vitamin K	50 mcg
Vitamin D	8 mcg
Vitamin B12	0.9 mcg

Essential Minerals

Calcium	500 mg
Magnesium	100 mg
Potassium	80 mg
Chloride	72mg
Phosphorus	40 mg
Iron	15 mg
Zinc	10 mg
Manganese	4 mg
Copper	1.2 mg
Boron	300 mcg
Iodine	100 mcg
Molybdenum	75 mcg
Selenium	38 mcg
Chromium	30 mcg

HEALTH SUPPLEMENT

Net Quantity: 60 Capsules



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