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Your first choice for personal care brands

# HEALTHLINK



Helping You Find Your Healthiest Self

PRODUCT INFORMATION GUIDE - 2023

## Busy Lifestyle

Aimed at anyone who leads a busy and active life and needs something to give them a healthy boost from the inside. This supplement contains a wide range of vitamins and minerals including 100% RDA or over of Vitamin A, D, E, C and B6, combined with a further 13 other healthy minerals. Vitamin and mineral food supplement to help maintain health, vitality and wellbeing, for today's busy lifestyle. With nutrients that contribute to normal macronutrient metabolism (biotin, chromium), mental performance (pantothenic acid) and the functioning of the nervous system (riboflavin, niacin, vitamin B6, vitamin B12). Suitable for vegetarians.

Code	Product	Strength	Type	Unit Size	Case Size
HL045	Busy Lifestyle	OAD	Tablets	30's	1 x 3

Each tablet provides: % NRV\*

Vitamin A	800µg RE	100
Vitamin D	10µg	200
Vitamin E	12mg a-TE	100
Vitamin C	80mg	100
Vitamin k	75µg	100
Thiamin	3mg	273
Riboflavin	4mg	286
Niacin	48mg NE	300

Each tablet provides: % NRV\*

Calcium	136mg	17
Magnesium	65.25mg	15
Iron	5.6mg	40
Pantothenic Acid	18mg	300
Zinc	4mg	40
Copper	1000µg	100
Selenium	55µg	100
Chromium	40µg	100
Molybdenum	50µg	100
Iodine	50µg	100

\*Nutrient Reference Value



## Healthy Woman

A multi-vitamin food supplement with a unique combination of micro-nutrients sensitively designed with women in mind. The one-a-day tablets are specially formulated to maintain health and vitality in women of all ages. Suitable for vegetarians.

Code	Product	Strength	Type	Unit Size	Case Size
HLI06	Healthy Woman	OAD	Tablets	30's	1 x 3

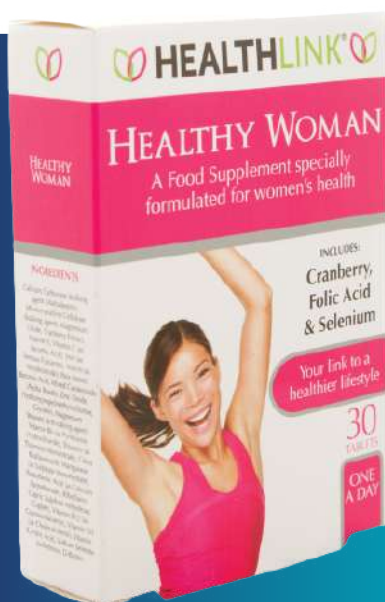
Each tablet provides: % NRV\*

Vitamin k	90µg	120
Vitamin D	5µg	100
Vitamin E	12mg a-TE	208
Vitamin C	60mg	75
Thiamin	10mg	909
Riboflavin	5mg	357
Niacin	36mg NE	225
Calcium	50mg	6.25
Magnesium	100mg	27
Zinc	10mg	100
Copper	1000µg	100
Selenium	100µg	182

Each tablet provides: % NRV\*

Vitamin B6	10mg	714
Folic Acid	400µg	200
Vitamin B12	20µg	800
Pantothenic Acid	6mg	100
Iron	12mg	86
Manganese	2.5mg	125
Biotin	50µg	100
Cranberry Extract	3600mg	-
Para Amino Benzoic Acid	30mg	-
Citrus Bioflavonoids	10mg	-
Carotenoids	2mg	-

\*Nutrient Reference Value



## Menopause

A vitamin and mineral food supplement to help support vitality and wellbeing during the Menopause. With nutrients that contribute to the maintenance of normal bones (Vitamin D and Calcium), heart function (thiamin), muscle function (magnesium) and energy metabolism (B vitamins). Suitable for vegetarians.

Code	Product	Strength	Type	Unit Size	Case Size
HL120	Menopause	OAD	Tablets	30's	1 x 3

Each tablet provides:			Each tablet provides:		
		% NRV*			% NRV*
Vitamin A	750µg RE	94	Vitamin B6	10mg	714
Vitamin D	10µg	200	Folic Acid	200µg	100
Vitamin E	30mg a-TE	250	Vitamin B12	9µg	360
Vitamin C	45mg	56	Pantothenic Acid	30mg	500
Thiamin	10mg	909	Iron	6mg	43
Riboflavin	5mg	357	Manganese	500µg	25
Niacin	20mg NE	125	Chromium	50µg	125
Calcium	200mg	25	Iodine	225µg	150
Magnesium	100mg	27	Para Amino Benzoic Acid	25mg	-
Zinc	15mg	150	Soya Isoflavones	20mg	-
Copper	500µg	50			
Selenium	100µg	182			

\*Nutrient Reference Value



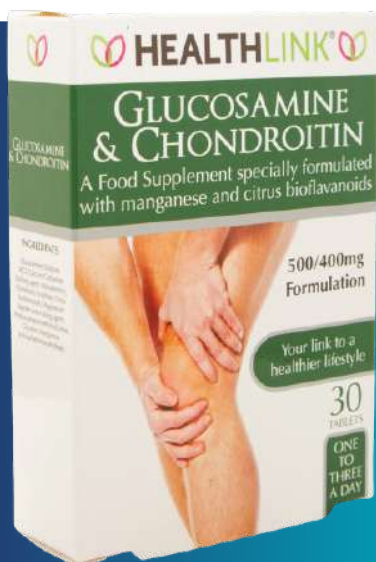
## Glucosamine & Chondroitin

A specially formulated food supplement with Glucosamine, Chondroitin, Manganese and Bioflavonoids; providing 500mg of Glucosamine Sulphate 2KCl & 400MG OF Chondroitin Sulphate. Manganese contributes to the normal formation of connective tissue that may help support healthy joints

Code	Product	Strength	Type	Unit Size	Case Size
HL076	Glucosamine & Chondroitin	500/400mg	Tablets	30's	1 x 3

Each tablet provides:			Each tablet provides:		
		% NRV*			% NRV*
Manganese	500µg	25	Cirtus Bioflavonoids	30mg	-
Glucosamine			Glucosamine Sulphate	377	-
Sulphate 2KCl	500mg	-	Providing Glucosamine	296mg	-
equivalent to			Chondroitin Sulphate	400mg	-

\*Nutrient Reference Value



## Healthy Man

A food supplement with a unique multi-vitamin and micro-nutrient blend; specifically selected to complement each other and provide a daily boost for men to enhance and maintain the integrity of bodily organ functions and help maintain health and vitality in men of all ages; with nutrients to help support normal immune function (vitamin C), energy metabolism (B vitamins), heart function (thiamin) and fertility (zinc).

Code	Product	Strength	Type	Unit Size	Case Size
HL090	Healthy Man	OAD	Tablets	30's	1 x 3

Each tablet provides:		% NRV*
Vitamin A	750µg RE	94
Vitamin D	5µg	100
Vitamin E	20mg a-TE	167
Vitamin C	60mg	75
Vitamin B6	9mg	643
Thiamin	12mg	1091
Riboflavin	5mg	357
Niacin	20mg NE	125
Magnesium	60mg	16
Iodine	150µg	100

Each tablet provides:		% NRV*
Copper	1000µg	100
Manganese	3mg	150
Arginine	20mg	-
Cysteine	20mg	-
Zinc	15mg	150
Copper	1000µg	100
Selenium	150µg	273
Chromium	50µg	125
Molybdenum	50µg	100
Citrus Bioflavonoids	10mg	-
Creatine Monohydrate	30mg	-
Para Amino Benzoic Acid	20mg	-
Korean Ginseng Extract equivalent to Korean	2mg	-
Ginseng Root Powder	20mg	-

\*Nutrient Reference Value



## Omega-3 Fish Oil

Each capsule of omega-3 fish oil concentrate contains a rich source of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These two essential fatty acids are used by the body in the production of prostaglandins and are important constituents of cell membranes. Often missing in a normal diet these are ideal to take as a supplement to a balanced and varied diet.

Code	Product	Strength	Type	Unit Size	Case Size
HL144	Omega-3 Fish Oils (33:22)	1000mg	Capsules	30's	1 x 3

Each tablet provides:		% NRV*
Fish Oil Providing	100mg	-
Omega-3	650mg	-
EPA	330mg	-
DHA	220mg	-

\*Nutrient Reference Value

## Menstrual Cycle

A vitamin and mineral food supplement to help support vitality and wellbeing throughout the Menstrual cycle. With nutrients that contribute to red blood cell formation (riboflavin, Vitamin B12 and Iron) and normal functioning of the nervous system (Thiamin, Vitamin B6 and Magnesium). Suitable for vegetarians.

Code	Product	Strength	Type	Unit Size	Case Size
HL137	Menstrual Cycle	OAD	Tablets	30's	1 x 3

Each tablet provides:		% NRV*
Vitamin A	800µg RE	100
Vitamin E	36mg a-TE	300
Vitamin C	80mg	100
Thiamin	9.4mg	855
Riboflavin	4.3mg	307
Niacin	20mg NE	125
Calcium	200mg	25
Magnesium	187.5mg	50
Zinc	10mg	100
Copper	1000µg	100
Selenium	100µg	182

\*Nutrient Reference Value

Each tablet provides:		% NRV*
Vitamin B6	7mg	500
Folic Acid	200µg	100
Vitamin B12	1.25µg	50
Iron	1.4mg	100
Iodine	100µg	67
Evening Primrose Oil	700mg	-



## Immune System

Designed in tablet form to provide a vitamin and mineral food supplement specially formulated to contribute to immune system health. It contains an effective combination of no less than 22 vitamins and minerals including vitamins A, D, C, K, B2, B12 as well as Iron, Magnesium and Folic Acid. Vitamin C, selenium and zinc in particular contribute to normal function of the immune system reinforcing the human body's natural defence against common illnesses.

Code	Product	Strength	Type	Unit Size	Case Size
HL113	Immune System	OAD	Tablets	30's	1 x 3

Each tablet provides:		% NRV*
Vitamin A	400µg RE	50
Vitamin D	5µg	100
Vitamin E	36mg a-TE	300
Vitamin C	200mg	250
Thiamin	5.5mg	500
Riboflavin	3.5mg	250
Niacin	20mg NE	125
Calcium	200mg	25
Magnesium	62.5mg	17
Zinc	5mg	50
Copper	500µg	50
Selenium	28µg	51

Each tablet provides:		% NRV*
Vitamin B6	7mg	500
Folic Acid	200µg	100
Vitamin B12	17.5µg	700
Pantothenic Acid	10mg	167
Iron	3mg	21
Manganese	2mg	100
Chromium	20µg	50
Iodine	100µg	67
L-Cysteine	20mg	-
L-Methionine	20mg	-
Citrus Bioflavonoids	10mg	-

\*Nutrient Reference Value

## Hair, Nails & Skin

A nutri-cosmetic supplement containing vitamins and minerals ideal for healthy looking hair, nails and skin. Each tablet contains: vitamins C, D, E, B6 and B12, along with Thiamin, Riboflavin, Niacin and Folic Acid. This is in addition to a further 12 vitamins and minerals to work deep into the dermal layers. Hair, Nails & Skin is free from gluten, yeast, artificial flavours, colours and preservatives

Code	Product	Strength	Type	Unit Size	Case Size
HL083	Hair, Nails & Skin	OAD	Tablets	30's	1 x 3

Each tablet provides:		% NRV*
Vitamin B12	9µg	360
Vitamin D	5µg	100
Vitamin E	40mg a-TE	333
Vitamin C	60mg	75
Vitamin B6	10mg	714
Thiamin	8mg	727
Riboflavin	4mg	286
Niacin	18mg NE	113
Magnesium	75mg	20
Iodine	200µg	133
Folic Acid	400	200

\*Nutrient Reference Value

Each tablet provides:		% NRV*
Copper	1000µg	100
Manganese	500mg	25
Cysteine	10mg	-
Zinc	15mg	150
Copper	1000µg	100
Selenium	100µg	182
Chromium	50µg	125
Natural Beta Carotene	2 µg	-



## Co-Q10

Co-Q10 is produced in small amounts within the body and production reduces over time, Co-Q10 (Co-Enzyme Q10) is a vitamin-like nutrient involved in the production of ATP, the primary source of cellular energy throughout the body. Valupak Co-Q10 capsules are a great way to augment the body's natural production of this important nutrient. Suitable for vegetarians.

Code	Product	Strength	Type	Unit Size	Case Size
HL052	Co-Q10	30mg	Tablets	30's	1 x 3

Each tablet provides:		% NRV*
Co-enzyme Q10	30mg	-

\*Nutrient Reference Value





## Glucosamine & Vitamin C

A specially formulated food supplement with Glucosamine and Vitamin C; providing a high dose of Glucosamine Sulphate 2KCl. Vitamin C contributes to the normal formation of cartilage which can help maintain healthy joints.

Code	Product	Strength	Type	Unit Size	Case Size
HL069	Glucosamine & Vitamin C	1500mg	Tablets	30's	1 x 3
Each tablet provides:		% NRV*			
Vitamin C	12mg	15			
Glucosamine Sulphate 2KCl equivalent to	1500mg	-			
Glucosamine Sulphate 1131mg		-			
Providing Glucosamine 888mg		-			

\*Nutrient Reference Value



## Pregnancy

Ideal for pre-pregnancy and gestational health. Each tablet contains Vitamin D, E, C, K, B6 and B12 as well as Folic Acid (essential in pre-conception and early pregnancy for maternal tissue growth). This product is free from added sugar, gluten and yeast and contains no artificial colourings, preservatives or additives. Suitable for vegetarians.

Code	Product	Strength	Type	Unit Size	Case Size
HL151	Pregnancy	OAD	Tablets	30's	1 x 3
Each tablet provides:		% NRV*			
Vitamin K	75mg	100	Vitamin B6	7mg	500
Vitamin D	10µg	200	Folic Acid	200µg	100
Vitamin E	12mg a-TE	100	Vitamin B12	2.5µg	100
Vitamin C	80mg	100	Pantothenic Acid	6mg	100
Thiamin	1.1mg	100	Iron	14mg	100
Riboflavin	1.4mg	100	Manganese	2mg	100
Niacin	16mg NE	100	Chromium	40µg	100
Calcium	120mg	15	Iodine	150µg	100
Magnesium	60mg	16	Beta Carotene	2.4mg	-
Zinc	10mg	100			
Copper	1000µg	100			
Selenium	75µg	136			

\*Nutrient Reference Value

## Calcium (400mg per tablet) and Vitamin D

Alongside a balanced and varied diet and healthy lifestyle, Vitamin D supports normal calcium absorption and utilisation. Calcium is necessary for maintenance of normal bones and teeth. Vitamin D, whilst aiding in calcium absorption, also contributes to the maintenance of normal bones and teeth.

Code	Product	Strength	Type	Unit Size	Case Size
HL175	Calcium with Vitamin D	400mg	Tablets	30's	1 x 6

Each tablet provides:		% NRV*
Calcium	400mg	50
Vitamin D	2.5µg	50

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.



## Multi Vitamin - OAD

Micronutrient (vitamin) dense tablet formulated to support a balanced and varied diet and healthy lifestyle. Micronutrients play an important role in all bodily function, growth and development. Multi Vitamin provides a range of vitamins including Vitamins A, C and D3 which help support immune system function, Vitamin E which contributes to the protection of cells from oxidative stress together with B Vitamins including Thiamin, Riboflavin and Niacin which help release energy and Folic Acid, Pantothenic Acid and Vitamin B12 which help reduce tiredness and fatigue. Suitable for use by children over 12, adults, the elderly and infirm.

Code	Product	Strength	Type	Unit Size	Case Size
HL304	Multi Vitamin	OAD	Tablets	30's	1 x 6

Each tablet provides:			% NRV*	Each tablet provides:			% NRV*
Vitamin A	800µg RE	100	Vitamin B6	1.4mg	100		
Vitamin D	5µg	100	Folic Acid	200mg	100		
Vitamin E	12mg a-TE	100	Pantothenic Acid	6mg	100		
Vitamin C	80mg	100	Thiamin	1.1mg	100		
Vitamin B12	2.5µg	100	Riboflavin	1.4mg	100		
			Niacin	16mg NE	100		

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.



## Magnesium - 187.5mg

A trace mineral in a 50% NRV, two a day formulation for easy consumption. Magnesium contributes to normal psychological and nervous system function in addition to helping maintain normal bones and teeth and playing a role in normal muscle function.

Code	Product	Strength	Type	Unit Size	Case Size
HL243	Magnesium	187.5mg	Tablets	30's	1 x 6

Each tablet provides: % NRV\*

Magnesium	187.5mg	50
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\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.



## Garlic - 3mg

Garlic may play a role in the health of the heart and cardiovascular system as well as helping to support the function of the immune system.

Code	Product	Strength	Type	Unit Size	Case Size
HL236	Garlic	3mg	Tablets	30's	1 x 6

Each tablet provides: % NRV\*

Garlic	3mg	N/A
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\*Nutrient Reference Value

## Cranberry - 2000mg

Cranberry tablets equivalent to 2000mg of cranberry powder.

Code	Product	Strength	Type	Unit Size	Case Size
HL427	Cranberry	2000mg	Tablets	30's	1 x 6

Each tablet provides:		% NRV*	
Cranberry Extract (36:1)	55.6mg	-	
Equivalent to			
Cranberry Powder	2001.6mg	-	

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.



## Multi Vitamin & Iron - OAD

Micronutrient (vitamin and iron) dense tablet formulated to support a balanced and varied diet and healthy lifestyle. Micronutrients play an important role in all bodily function, growth and development. Multi Vitamin & Iron provides a range of vitamins including Vitamins A, C and D which help support immune system function, Vitamin E which contributes to the protection of cells from oxidative stress together with B vitamins including Thiamin, Riboflavin and Niacin which help release energy and Folic Acid, Pantothenic Acid and Vitamin B12 which help reduce tiredness and fatigue. Plus Iron which contributes to the normal formation of red blood cells and haemoglobin and helps support normal cognitive function. Suitable for use by children over 12, adults, the elderly and infirm.

Code	Product	Strength	Type	Unit Size	Case Size
HL168	Multi Vitamin & Iron	OAD	Tablets	30's	1 x 6

Each tablet provides:			% NRV*		
Vitamin A	800µg RE	100	Vitamin B6	1.4mg	100
Vitamin D	5µg	100	Folic Acid	200µg	100
Vitamin E	12mg α-TE	100	Pantothenic Acid	6mg	100
Vitamin C	80mg	100	Thiamin	1.1mg	100
Vitamin B12	2.5µg	100	Riboflavin	1.4mg	100
Iron	14µg	100	Niacin	16mg NE	100

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.

## Multi Vitamin & Minerals - OAD

Micronutrient (vitamins and minerals) dense tablet formulated to support a balanced and varied diet and healthy lifestyle. Micronutrients play an important role in all bodily function, growth and development. Multi Vitamin & Mineral provides a range of vitamins including Vitamins A, C and D which help support immune system function, Vitamin E which contributes to the protection of cells from oxidative stress together with B Vitamins including Thiamin, Riboflavin and Niacin which help release energy and Folic Acid, Pantothenic Acid and Vitamin B12 which help reduce tiredness and fatigue. Plus minerals such as Iron which plays a role in the normal formation of haemoglobin, Zinc to help maintain normal skin, hair and nails and Manganese to help support normal bones. Suitable for use by children over 12, adults, the elderly and infirm.

Code	Product	Strength	Type	Unit Size	Case Size
HL311	Multi Vitamin & Minerals	OAD	Tablets	30's	1 x 6

Each tablet provides:			Each tablet provides:		
		% NRV*			% NRV*
Vitamin A	800µg RE	100	Vitamin B6	1.4mg	100
Vitamin D	5µg	200	Folic Acid	200µg	100
Vitamin E	12mg a-TE	100	Vitamin B12	2.5µg	100
Vitamin C	80mg	100	Pantothenic Acid	6mg	100
Thiamin	1.1mg	100	Iron	14mg	100
Riboflavin	1.4mg	100	Manganese	2mg	100
Niacin	16mg NE	100	Chromium	40µg	100
Calcium	50mg	6.25	Iodine	450µg	100
Magnesium	16.5mg	16	Phosphorous	38.5mg	5.5
Zinc	10mg	100			
Copper	1000µg	100			

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.



## Omega-3 Fish Oil - 1000mg

An 18:12 formulation providing the important fatty acids EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid) which contribute to the normal function of the heart (beneficial effect obtained with a daily intake of 250mg EPA and DHA). DHA also contributes to the maintenance of normal brain function and normal vision (beneficial effect obtained with a daily intake of 250mg DHA).

Code	Product	Strength	Type	Unit Size	Case Size
HL229	Omega 3 Fish Oil (18:12)	OAD	Tablets	30's	1 x 6

Each tablet provides:		% NRV*
Fish Oil	1000mg	-
Containing:		
Omega-3	400mg	-
EPA	180mg	-
DHA	20µg	-

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.

## Vitamin B Complex - OAD

A blend of eight water-soluble B Vitamins to help maintain general good health and vitality. Provides Thiamin, Riboflavin, Niacin and Biotin to help maintain normal energy yielding metabolism plus Pantothenic Acid and Folic Acid to help reduce tiredness and fatigue together with Vitamins B6 and B12 to help support normal immune system function.

Code	Product	Strength	Type	Unit Size	Case Size
HL267	Vitamin B Complex	OAD	Tablets	30's	1 x 6
Each tablet provides:		Each tablet provides:		% NRV*	
Riboflavin	1.4mg	100	Vitamin B6	1.4mg	100
Niacin	16mg NE	100	Folic Acid	200mg	100
Vitamin C	80mg	100	Pantothenic Acid	6mg	100
Vitamin B12	2.5µg	100	Thiamin	1.1mg	100

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.



## Vitamin B6 - 10mg

Vitamin B6 (pyridoxine) is part of the water-soluble B complex vitamin group. Vitamin B6 contributes to the normal functioning of the nervous system and normal psychological function, in addition to playing a role in normal blood formation and normal protein metabolism.

Code	Product	Strength	Type	Unit Size	Case Size
HL328	Vitamin B6	10mg	Tablets	30's	1 x 6
Each tablet provides:		Each tablet provides:		% NRV*	
Vitamin B6	10mg	714			

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.

## Vitamin C - Chewable - 80mg

Vitamin C helps in the maintenance of good health by playing a role in the normal function of the immune system. It also helps in normal energy releasing processes in the body and is an antioxidant vitamin that helps protect cells from oxidative stress.

Code	Product	Strength	Type	Unit Size	Case Size
HL335	Vitamin C - Chewable	80mg	Tablets	30's	1 x 6
Each tablet provides:		% NRV*			
Vitamin C	80mg	100			

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.



## Vitamin C - Chewable - 500mg

Vitamin C helps in the maintenance of good health by playing a role in the normal function of the immune system. It also helps in normal energy releasing processes in the body and is an antioxidant vitamin that helps protect cells from oxidative stress.

Code	Product	Strength	Type	Unit Size	Case Size
HL212	Vitamin C - Chewable	500mg	Tablets	30's	1 x 6
Each tablet provides:		% NRV*			
Vitamin C	500mg	625			

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.



## Vitamin D3 - 1000iu

Vitamin D plays a role in the normal absorption and utilisation of calcium and helps maintain normal bones and teeth. It also supports normal immune system function and has a role in the process of cell division.

Code	Product	Strength	Type	Unit Size	Case Size
HL274	Vitamin D3	1000iu	Tablets	30's	1 x 6

Each tablet provides:		% NRV*
Vitamin D3	1000iu	500

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.



## Vitamin D3 - 5000iu

Vitamin D plays a role in the normal absorption and utilisation of calcium and helps maintain normal bones and teeth. It also supports normal immune system function and has a role in the process of cell division.

Code	Product	Strength	Type	Unit Size	Case Size
HL465	Vitamin D3	5000iu	Tablets	30's	1 x 6
HL441	Vitamin D3	5000iu	Tablets	30's	1 x 6

Each tablet provides: % NRV\*

Vitamin B6	10mg	714
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\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.



## Vitamin E - 100iu

Vitamin E is a fat soluble antioxidant vitamin that contributes to the protection of cells from oxidative stress.

Code	Product	Strength	Type	Unit Size	Case Size
HL342	Vitamin E	100iu	Capsules	30's	1 x 6
Each tablet provides:		% NRV*			
Vitamin E	67mg a-TE	558			

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.



## Vitamin E - 400iu

Vitamin E is a fat soluble antioxidant vitamin that contributes to the protection of cells from oxidative stress.

Code	Product	Strength	Type	Unit Size	Case Size
HL410	Vitamin E	400iu	Capsules	30's	1 x 6

Each tablet provides: % NRV\*

Vitamin E 360mg a-TE 3000

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.

## Zinc - 10mg

Each tablet of Zinc 10mg provides 100% NRV of this trace mineral. Zinc helps support the health of normal skin, hair and nails and also helps maintain normal vision and normal bones. In addition, Zinc contributes to normal fertility and to the normal function of the immune system.

Code	Product	Strength	Type	Unit Size	Case Size
HL281	Zinc	10mg	Tablets	30's	1 x 6
Each tablet provides:		% NRV*			
Zinc	10mg	100			

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.



## Glucosamine & Chondroitin 400/100mg

A shellfish derived food supplement providing 400mg of Glucosamine Sulphate 2KCL and 100mg of Chondroitin Sulphate in tablet or capsule form.

Code	Product	Strength	Type	Unit Size	Case Size
HL380	Glucosamine & Chondroitin	400/100mg	Capsules	30's	1 x 6
HL397	Glucosamine & Chondroitin	400/100mg	Capsules	30's	1 x 6

Each tablet provides:		% NRV*	
Glucosamine Sulphate 2KCL equivalent to	400mg	-	
Glucosamine Sulphate	302mg	-	
providing Glucosamine	238mg	-	
Chondroitin Sulphate	100mg	-	

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.



## Glucosamine Sulphate - 500mg

A shellfish derived food supplement providing 500mg of Glucosamine Sulphate 2KCL in tablet or capsule form.

Code	Product	Strength	Type	Unit Size	Case Size
HL366	Glucosamine Sulphate	500mg	Capsules	30's	1 x 6
HL373	Glucosamine Sulphate	500mg	Tablets	30's	1 x 6

Each tablet provides:	% NRV*	
Glucosamine Sulphate 2KCL equivalent to	500mg	-
Glucosamine Sulphate	376mg	-
providing Glucosamine	297mg	-

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.



## Evening Primrose Oil - 500mg

An oil which is commonly chosen by women during the menstrual cycle, evening primrose oil may help maintain the health of the skin. EPO may also contribute to the normal function of the heart and the immune system.

Code	Product	Strength	Type	Unit Size	Case Size
HL489	Evening Primrose Oil	500mg	Capsules	30's	1 x 6

Each tablet provides:	% NRV*	
Evening Primrose Oil	500mg	N/A
Linoleic Acid	356mg	N/A
Gamma-Linolenic Acid	45mg	N/A

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.

## Evening Primrose Oil - 1000mg

An oil which is commonly chosen by women during the menstrual cycle, evening primrose oil may help maintain the health of the skin. EPO may also contribute to the normal function of the heart and the immune system.

Code	Product	Strength	Type	Unit Size	Case Size
HL403	Evening Primrose Oil	1000mg	Capsules	30's	1 x 6
Each tablet provides:		% NRV*			
Evening Primrose Oil	1000mg	N/A			
Linoleic Acid	730mg	N/A			
Gamma-Linolenic Acid	90mg	N/A			

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.



## Cod Liver Oil - 400mg

An oil extracted from the liver of cod that provides a source of Omega 3 fatty acids (EPA and DHA) and moderate amounts of Vitamin A and Vitamin D3. EPA and DHA contribute to the normal function of the heart. This beneficial effect is obtained with a daily intake of 250mg of EPA and DHA.

Code	Product	Strength	Type	Unit Size	Case Size
HL472	Cod Liver Oil	400mg	Capsules	30's	1 x 6
Each tablet provides:		% NRV*			
Cod liver Oil containing	400mg	-	Vitamin A	375 a-RE	46.9
EPA	33mg	-	Vitamin D	3.4mg	68
DHA	33mg	-			

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.



## Cod Liver Oil - 550mg

An oil extracted from the liver of cod that provides a source of Omega 3 fatty acids (EPA and DHA) and moderate amounts of Vitamin A and Vitamin D3. EPA and DHA contribute to the normal function of the heart. This beneficial effect is obtained with a daily intake of 250mg of EPA and DHA.

Code	Product	Strength	Type	Unit Size	Case Size
HL298	Cod Liver Oil-High Strength	550mg	Capsules	30's	1 x 6

Each tablet provides:		% NRV*	Each tablet provides:		% NRV*
Cod liver Oil containing	550mg	-	Vitamin A	750 a-RE	93.6
EPA	30mg	-	Vitamin D	5mg	100
DHA	40mg	-			

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.



## Cod Liver Oil - 1000mg

An oil extracted from the liver of cod that provides a source of Omega 3 fatty acids (EPA and DHA) and moderate amounts of Vitamin A and Vitamin D3. EPA and DHA contribute to the normal function of the heart. This beneficial effect is obtained with a daily intake of 250mg of EPA and DHA.

Code	Product	Strength	Type	Unit Size	Case Size
HL359	Cod Liver Oil	1000mg	Capsules	30's	1 x 6

Each tablet provides:		% NRV*	Each tablet provides:		% NRV*
Cod liver Oil containing	1000mg	-	Vitamin A	800 a-RE	100
EPA	80mg	-	Vitamin D	5mg	100
DHA	100mg	-			

\*Nutrient Reference Value

Free from gluten, yeast, artificial flavours, colours and preservatives.



## Folic Acid - 400µg

Designed for women of child-bearing age, this product provides 400µg Folic Acid daily. Supplemental Folic Acid intake increases maternal folate status. Low maternal folate status is a risk factor in the development of neural tube defects in the developing baby\*. Folic Acid also plays a role in cell division and also contributes to normal psychological function and normal blood formation.

This beneficial effect is obtained with a supplemental intake of 400mg daily for at least one month before and up to three months after conception.

Code	Product	Strength	Type	Unit Size	Case Size
HL182	Folic Acid	400mg	Tablets	30's	1 x6
HL458	Folic Acid	400mg	Tablets	90's	1 x6

Each tablet provides:    % NRV\*

Folic Acid	400mg	200
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\*Nutrient Reference Value

Free from    gluten, yeast, artificial flavours, colours and preservatives.





VITAMINS & SUPPLEMENTS



# Value for Your Health

PRODUCT INFORMATION GUIDE - 2023

## Multi Vitamin & Iron - OAD

Micronutrient (vitamin and iron) dense tablet formulated to support a balanced and varied diet and healthy lifestyle. Micronutrients play an important role in all bodily function, growth and development. Multi Vitamin & Iron provides a range of vitamins including Vitamins A, C and D which help support immune system function, Vitamin E which contributes to the protection of cells from oxidative stress together with B Vitamins including Thiamin, Riboflavin and Niacin which help release energy and Folic Acid, Pantothenic Acid and Vitamin B12 which help reduce tiredness and fatigue. Plus Iron which contributes to the normal formation of red blood cells and haemoglobin and helps support normal cognitive function. Suitable for use by children over 12, adults, the elderly and infirm.

Code	Product	Strength	Type	Unit Size	Case Size
VP040	Multi Vitamin & Iron	OAD	Tablets	50's	1 x 6

Each tablet provides:		% NRV*	Each tablet provides:		% NRV*
Vitamin A	800µg RE	100	Vitamin B6	1.4mg	100
Vitamin D3	5µg	100	Folic Acid	200µg	100
Vitamin E	12mg a-TE	100	Vitamin B12	2.5µg	100
Vitamin C	80mg	100	Pantothenic Acid	6µg	100
Thiamin	1.1mg	100	Iron	14µg	100
Riboflavin	1.4mg	100			
Niacin	16mg NE	100			

\*Nutrient Reference Value



## Multi Vitamin & Minerals - OAD

Micronutrient (vitamin and iron) dense tablet formulated to support a balanced and varied diet and healthy lifestyle. Micronutrients play an important role in all bodily function, growth and development. Multi Vitamin & Iron provides a range of vitamins including Vitamins A, C and D which help support immune system function, Vitamin E which contributes to the protection of cells from oxidative stress together with B Vitamins including Thiamin, Riboflavin and Niacin which help release energy and Folic acid helps support normal bones. Suitable for use by children over 12, adults, the elderly and infirm. Acid, Pantothenic Acid and Vitamin B12 which help reduce tiredness and fatigue. Plus minerals such as Iron which plays a role in the normal formation of haemoglobin, Zinc to help maintain normal skin, hair and nails and Manganese to help support normal bones. Suitable for use by children over 12, adults, the elderly and infirm.

Code	Product	Strength	Type	Unit Size	Case Size
VP354	Multi Vitamin & Minerals	OAD	Tablets	25's	1 x 6

Each tablet provides:		% NRV*	Each tablet provides:		% NRV*
Vitamin A	800µg RE	100	Vitamin B6	1.4mg	100
Vitamin D	5µg	100	Folic Acid	200µg	100
Vitamin E	12mg a-TE	100	Vitamin B12	2.5µg	100
Vitamin C	80mg	100	Pantothenic Acid	6µg	100
Thiamin	1.1mg	100	Iron	14µg	100
Riboflavin	1.4mg	100	Manganese	2mg	100
Niacin	16mg NE	100	Iodine	450µg	100
Calcium	50mg	6.25	Phosphorous	38.5mg	5.5
Magnesium	16.5mg	4.4	Zinc	10mg	100
Copper	1000µg	100			

\*Nutrient Reference Value

## Zinc - 10mg

Each tablet of Zinc 10mg provides 100% NRV of this trace mineral. Zinc helps support the health of normal skin, hair and nails and also helps maintain normal vision and normal bones. In addition, Zinc contributes to normal fertility and to the normal function of the immune system.

Code	Product	Strength	Type	Unit Size	Case Size
VP573	Zinc	10mg	Tablets	60's	1 x 6

Each tablet provides:		% NRV*
Zinc	10mg	100

\*Nutrient Reference Value



Free from gluten, yeast, artificial flavours, colours and preservatives.



## Calcium & Vitamin D

Alongside a balanced and varied diet and healthy lifestyle, Vitamin D supports normal calcium absorption and utilisation. Calcium is necessary for maintenance of normal bones and teeth. Vitamin D, whilst aiding in calcium absorption, also contributes to the maintenance of normal bones and teeth.

Code	Product	Strength	Type	Unit Size	Case Size
VP101	Calcium with Vitamin D	400mg	Tablets	30's	1 x 6
Each tablet provides:				% NRV*	
Calcium		400mg	50		
Vitamin D		2.5ug	50		

\*Nutrient Reference Value



## Folic Acid - 400µg

Designed for women of child-bearing age, this product provides 400µg Folic Acid daily. Supplemental Folic Acid intake increases maternal folate status. Low maternal folate status is a risk factor in the development of neural tube defects in the developing baby\*. Folic Acid also plays a role in cell division and also contributes to normal psychological function and normal blood formation.

Code	Product	Strength	Type	Unit Size	Case Size
VP347	Folic Acid	400µg	Tablets	90's	1 x 6
Each tablet provides:				% NRV*	
Folic Acid		400µg	100		

\*Nutrient Reference Value

## Vitamin B6 - 10mg

Vitamin B6 (pyridoxine) is part of the water-soluble B complex vitamin group. Vitamin B6 contributes to the normal functioning of the nervous system and normal psychological function, in addition to playing a role in normal blood formation and normal protein metabolism.

Code	Product	Strength	Type	Unit Size	Case Size
VP064	Vitamin B6	10mg	Tablets	60's	1 x 6
Each tablet provides:				% NRV*	
Vitamin B6		10mg	714		

\*Nutrient Reference Value



Free from gluten, yeast, artificial flavours, colours and preservatives.

## Magnesium - 187.5mg

A trace mineral in a 50% NRV, two a day formulation for easy consumption. Magnesium contributes to normal psychological and nervous system function in addition to helping maintain normal bones and teeth and playing a role in normal muscle function.

Code	Product	Strength	Type	Unit Size	Case Size
VP535	Magnesium	187.5mg	Tablets	30's	1 x 6
Each tablet provides:			% NRV*		
Magnesium	187.5mg	50			

\*Nutrient Reference Value



## Vitamin B Complex - OAD

A blend of eight water-soluble B Vitamins to help maintain general good health and vitality. Provides Thiamin, Riboflavin, Niacin and Biotin to help maintain normal energy yielding metabolism plus Pantothenic Acid and Folic Acid to help reduce tiredness and fatigue together with Vitamins B6 and B12 to help support normal immune system function.

Code	Product	Strength	Type	Unit Size	Case Size
VP095	Vitamin B Complex	OAD	Tablets	60's	1 x 6
Each tablet provides:		% NRV*		Each tablet provides:	
Thiamin	1.1mg	100	Vitamin B6	1.4mg	100
Riboflavin	1.4mg	100	Folic Acid	200µg	100
Niacin	16mg NE	100	Vitamin B12	2.5µg	100
			Pantothenic Acid	6µg	100
			Biotin	50µg	100

\*Nutrient Reference Value

## Omega-3 Fish Oil - 1000mg

An 18:12 formulation providing the important fatty acids EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid) which contribute to the normal function of the heart (beneficial effect obtained with a daily intake of 250mg EPA and DHA). DHA also contributes to the maintenance of normal brain function and normal vision effect obtained with a daily intake of 250mg DHA). (beneficial effect obtained with a daily intake of 250mg DHA)

Code	Product	Strength	Type	Unit Size	Case Size
VP801	Omega 3 Fish Oil (18:12)	1000mg	Capsules	30's	1 x 6
VP051	Omega 3 Fish Oil (18:12)	10mg	Capsules	90's	1 x 6
Each capsule provides:			% NRV*		
Fish Oil	1000mg	-			
Containing:					
Omega-3	400mg	-			
EPA	180mg	-			
DHA	120mg	-			

\*Nutrient Reference Value



Free from gluten, yeast, artificial flavours, colours and preservatives.

## Cod Liver Oil - 400mg

An oil extracted from the liver of cod that provides a source of Omega 3 fatty acids (EPA and DHA) and moderate amounts of Vitamin A and Vitamin D3. EPA and DHA contribute to the normal function of the heart. This beneficial effect is obtained with a daily intake of 250mg of EPA and DHA.

Code	Product	Strength	Type	Unit Size	Case Size
VP033	Cod Liver Oil	400mg	Capsules	30's	1 x 6
Each tablet provides:		% NRV*	Each tablet provides:		% NRV*
Cod liver Oil	400mg	-	Vitamin A	375µg a-RE	46.9
Containing			Vitamin D3	3.4µg	68
DHA	33mg	-			
DHA	33mg	-			

\*Nutrient Reference Value



## Cod Liver Oil - 550mg

An oil extracted from the liver of cod that provides a source of Omega 3 fatty acids (EPA and DHA) and moderate amounts of Vitamin A and Vitamin D3. EPA and DHA contribute to the normal function of the heart. This beneficial effect is obtained with a daily intake of 250mg of EPA and DHA.

Code	Product	Strength	Type	Unit Size	Case Size
VP583	Cod Liver Oil- High Strength	550mg	Capsules	30's	1 x 6
Each tablet provides:		% NRV*	Each tablet provides:		% NRV*
Cod liver Oil	550mg	-	Vitamin A	750µg a-RE	93.6
Containing			Vitamin D3	5µg	100
DHA	30mg	-			
DHA	40mg	-			

\*Nutrient Reference Value

## Cod Liver Oil - 1000mg

An oil extracted from the liver of cod that provides a source of Omega 3 fatty acids (EPA and DHA) and moderate amounts of Vitamin A and Vitamin D3. EPA and DHA contribute to the normal function of the heart. This beneficial effect is obtained with a daily intake of 250mg of EPA and DHA.

Code	Product	Strength	Type	Unit Size	Case Size
VP064	Vitamin B6	10mg	Tablets	60's	1 x 6
Each capsule provides:		% NRV*			
Vitamin B6	10mg	714			

\*Nutrient Reference Value



Free from gluten, yeast, artificial flavours, colours and preservatives.

## Cranberry - 2000mg

Cranberry tablets equivalent to 2000mg of cranberry powder.

Code	Product	Strength	Type	Unit Size	Case Size
VP658	Cranberry	2000mg	Tablets	30's	1 x 6

Each tablet provides:		% NRV*
Cranberry Extract (36:1)	55.6mg	-
Equivalent to		
Cranberry Powder	2001.6mg	-

\*Nutrient Reference Value



## Evening Primrose Oil - 500mg

An oil which is commonly chosen by women during the menstrual cycle, evening primrose oil may help maintain the health of the skin. EPO may also contribute to the normal function of the heart and the immune system.

Code	Product	Strength	Type	Unit Size	Case Size
VP019	Evening Primrose Oil	500mg	Capsules	30's	1 x 6

Each capsule provides:		% NRV*
Evening Primrose Oil	500mg	N/A
Linoleic Acid	356mg	N/A
Gamma-Linolenic Acid	45mg	N/A

\*Nutrient Reference Value

## Evening Primrose Oil - 1000mg

An oil which is commonly chosen by women during the menstrual cycle, evening primrose oil may help maintain the health of the skin. EPO may also contribute to the normal function of the heart and the immune system.

Code	Product	Strength	Type	Unit Size	Case Size
VP167	Evening Primrose Oil	1000mg	Capsules	30's	1 x 6

Each tablet provides:		% NRV*
Evening Primrose Oil	1000mg	N/A
Linoleic Acid	730mg	N/A
Gamma-Linolenic Acid	90mg	N/A

\*Nutrient Reference Value



Free from gluten, yeast, artificial flavours, colours and preservatives.

## Garlic -3mg

Garlic may play a role in the health of the heart and cardiovascular system as well as helping to support the function of the immune system.

Code	Product	Strength	Type	Unit Size	Case Size
VP187	Garlic	3mg	Tablets	30's	1 x 6

Each tablet provides:		% NRV*	
Garlic	3mg	N/A	

\*Nutrient Reference Value



## Glucosamine & Chondroitin

A shellfish derived food supplement providing 400mg of Glucosamine Sulphate 2KCL and 100mg of Chondroitin Sulphate in tablet or capsule form.

Code	Product	Strength	Type	Unit Size	Case Size
VP579	Glucosamine & Chondroitin	400/100mg	Capsules	30's	1 x 6
VP740	Glucosamine & Chondroitin	400/100mg	Tablets	30's	1 x 6
VP037	Glucosamine & Chondroitin	400/100mg	Tablets	90's	1 x 6
VP586	Glucosamine & Chondroitin	400/100mg	Capsules	90's	1 x 6

Each tablet provides:		% NRV*	
Glucosamine Sulphate 2KCL	400mg	-	
equivalent to			
Glucosamine Sulphate	302mg	-	
providing Glucosamine	238mg	-	
Chondroitin Sulphate	100mg	-	

\*Nutrient Reference Value

## Glucosamine Sulphate-500mg

A shellfish derived food supplement providing 400mg of Glucosamine Sulphate 2KCL in tablet or capsule form.

Code	Product	Strength	Type	Unit Size	Case Size
VP555	Glucosamine Sulphate	500mg	Capsules	30's	1 x 6
VP733	Glucosamine Sulphate	500mg	Tablets	30's	1 x 6
VP020	Glucosamine Sulphate	500mg	Tablets	90's	1 x 6
VP562	Glucosamine Sulphate	500mg	Capsules	90's	1 x 6

Each tablet provides:		% NRV*	
Glucosamine Sulphate 2KCL	500mg	-	
equivalent to			
Glucosamine Sulphate	376mg	-	
providing Glucosamine	297mg	-	

\*Nutrient Reference Value



Free from gluten, yeast, artificial flavours, colours and preservatives.

## Vitamin E - 100iu

Vitamin E is a fat soluble antioxidant vitamin that contributes to the protection of cells from oxidative stress.

Code	Product	Strength	Type	Unit Size	Case Size
VP071	Vitamin E	100iu	Capsules	30's	1 x 6
Each capsule provides:			% NRV*		
Vitamin E	67mg a-TE			558	

\*Nutrient Reference Value



## Vitamin E - 400iu

Vitamin E is a fat soluble antioxidant vitamin that contributes to the protection of cells from oxidative stress.

Code	Product	Strength	Type	Unit Size	Case Size
VP630	Vitamin E	400iu	Capsules	30's	1 x 6
Each capsule provides:			% NRV*		
Vitamin E	360mg a-TE			3000	

\*Nutrient Reference Value

## Vitamin D3 - 1000iu Tablets

Vitamin D plays a role in the normal absorption and utilisation of calcium and helps maintain normal bones and teeth. It also supports normal immune system function and has a role in the process of cell division.

Code	Product	Strength	Type	Unit Size	Case Size
VP061	Vitamin D3	25mg(1000iu)	Tablets	60's	1 x 6
Each tablet provides:			% NRV*		
Vitamin D3	25µg (1000iu)			500	

\*Nutrient Reference Value



Free from gluten, yeast, artificial flavours, colours and preservatives.

## Vitamin D3 - 1000iu Capsules

Vitamin D plays a role in the normal absorption and utilisation of calcium and helps maintain normal bones and teeth. It also supports normal immune system function and has a role in the process of cell division.

Code	Product	Strength	Type	Unit Size	Case Size
VP221	Vitamin D3	1000iu	Capsules	20's	1 x 6

Each tablet provides:	% NRV*	
Vitamin D3	25µg (1000iu)	500

\*Nutrient Reference Value



## Vitamin C - Chewable - 500mg

Vitamin C helps in the maintenance of good health by playing a role in the normal function of the immune system. It also helps in normal energy releasing processes in the body and is an antioxidant vitamin that helps protect cells from oxidative stress.

Code	Product	Strength	Type	Unit Size	Case Size
VP771	Vitamin C - Chewable	500mg	Tablets	30's	1 x 6

Each tablet provides:	% NRV*	
Vitamin C	500mg	625

\*Nutrient Reference Value

## Vitamin C - Chewable - 80mg

Vitamin C helps in the maintenance of good health by playing a role in the normal function of the immune system. It also helps in normal energy releasing processes in the body and is an antioxidant vitamin that helps protect cells from oxidative stress.

Code	Product	Strength	Type	Unit Size	Case Size
VP057	Vitamin C - Chewable	80mg	Tablets	60's	1 x 6

Each tablet provides:	% NRV*	
Vitamin C	80mg	100

\*Nutrient Reference Value



Free from gluten, yeast, artificial flavours, colours and preservatives.

## Multi Vitamin - OAD

Micronutrient (vitamin) dense tablet formulated to support a balanced and varied diet and healthy lifestyle. Micronutrients play an important role in all bodily function, growth and development. Multi Vitamin provides a range of vitamins including Vitamins A, help the protection of cells from oxidative stress together with B Vitamins including Thiamin, Riboflavin and Niacin Which help release energy and Folic Acid, Pantothenic Acid and Vitamin B12 which help reduce tiredness and fatigue. Suitable for use by children over 12, adults, the elderly and infirm.

Code	Product	Strength	Type	Unit Size	Case Size
VP361	Multi Vitamin	OAD	Tablets	50's	1 x 6

Each tablet provides:			Each tablet provides:		
		% NRV*			% NRV*
Vitamin A	800µg RE	100	Vitamin B6	1.4mg	100
Vitamin D3	5µg	100	Folic Acid	200µg	100
Vitamin E	12mg a-TE	100	Vitamin B12	2.5µg	100
Vitamin C	80mg	100	Pantothenic Acid	6µg	100
Thiamin	1.1mg	100			
Riboflavin	1.4mg	100			
Niacin	16mg NE	100			

\*Nutrient Reference Value



## Multi Vitamin Children's - OAD

A chewable chocolate flavoured tablet that is suitable for children aged 4-12 years. A chewable chocolate flavoured tablet that is suitable for children aged 4-12 years. Riboflavin and Niacin which help release energy and Folic Acid, Pantothenic Acid and Vitamin B12 which help reduce tiredness and fatigue.

Code	Product	Strength	Type	Unit Size	Case Size
VP351	Multi Vitamin - Chewable	OAD	Tablets	30's	1 x 6

Each tablet provides:			Each tablet provides:		
		% NRV*			% NRV*
Vitamin A	400µg RE	50	Vitamin B6	.7mg	50
Vitamin D	2.5µg	50	Folic Acid	100µg	50
Vitamin E	6mg a-TE	50	Vitamin B12	1.125µg	50
Vitamin C	40mg	50	Pantothenic Acid	3µg	50
Thiamin	.55mg	50			
Riboflavin	.7mg	50			
Niacin	8mg NE	50			

\*Nutrient Reference Value



## Vitamin C - High Strength Effervescent - 1000mg

Vitamin C plays a significant role in maintaining overall good health, helping to support normal immune system function and contributing to the protection of cells from oxidative stress. It also plays a role in normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth and contributes to normal energy-yielding metabolism.

Code	Product	Strength	Type	Unit Size	Case Size
VP422	Vitamin C	1000mg	Tablets	20's	1 x 6

Each tablet provides:		% NRV*
Vitamin c	1000mg	1250

\*Nutrient Reference Value



## Vitamin B + C – Energy Release Effervescent - OAD

Valupak Effervescent B + C tablets have a rich delicious orange flavour and is an excellent way to supplement your daily intake of these Vitamins. The body does not store Vitamin C so a regular daily intake is required. Vitamin B2, B6 and B12 contribute to normal energy-yielding metabolism.

Code	Product	Strength	Type	Unit Size	Case Size
VP439	Vitamin B+C	OAD	Tablets	20's	1 x 6

Each tablet provides:		% NRV*
Vitamin C	500mg	625
Vitamin B1	10.4mg	945.5
Vitamin B2	13.6mg	971.4
Niacin	45.3mg NE	283.1
Vitamin B6	7.1mg	507.1
Folic Acid	200µg	100
Vitamin B12	8.6µg	344
Biotin	130µg	260
Pantothenic Acid	22.7mg	378.3
Magnesium	190mg	50.7
Zinc	10mg	100

\*Nutrient Reference Value



## Vitamin C + Zinc - Immune Support Effervescent - OAD

Valupak Effervescent Vitamin C + Zinc tablets have a rich delicious blackcurrant flavour and is an excellent way to supplement your daily intake of these vitamins. The body does not store Vitamin C so a regular daily intake is required. Vitamin C and Zinc contribute to the normal function of the immune system.

Code	Product	Strength	Type	Unit Size	Case Size
VP507	Vitamin C+Zinc	OAD	Tablets	20's	1 x 6

Each tablet provides:		% NRV*
Vitamin C	1000mg	1250
Zinc	15mg	150

\*Nutrient Reference Value

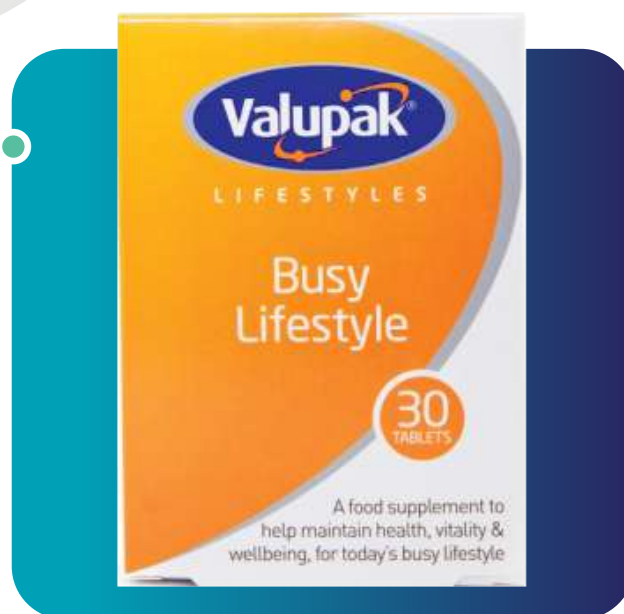


Free from gluten, yeast, artificial flavours, colours and preservatives.

## Busy Lifestyle

Aimed at anyone who leads a busy and active life. This supplement contains a wide range of vitamins and minerals including 100% NRV or over of Vitamin A, D, E, C and B6, combined with a further 13 other healthy nutrients. A vitamin and mineral food supplement to help maintain health, vitality and wellbeing, for today's busy lifestyle. With nutrients that contribute to normal macronutrient metabolism (Biotin, Chromium), mental performance (Pantothenic Acid) and the functioning of the nervous system (Riboflavin, Niacin, Vitamin B6, Vitamin B12). Suitable for vegetarians.

Code	Product	Strength	Type	Unit Size
VP146	Busy Lifestyle	1000mg	Tablets	30's



## Glucosamine & Chondroitin

A specially formulated food supplement with Glucosamine, Chondroitin, Manganese and Bioflavonoids; providing 500mg of Glucosamine Sulphate 2KCL & 400mg of Chondroitin Sulphate. Manganese contributes to the normal formation of connective tissue.

Code	Product	Strength	Type	Unit Size
VP259	Glucosamine & Chondroitin	400mg	Tablets	30's

## Healthy Woman

A multi-vitamin food supplement with a unique combination of micro-nutrients sensitively designed with women in mind. The one-a-day tablets are specially formulated to maintain health and vitality in women of all ages. With nutrients to help support immune function (Vitamin C), energy metabolism (B Vitamins), blood formation, healthy bones (Vitamin D and Calcium) and healthy looking skin (Zinc). Suitable for vegetarians.

Code	Product	Strength	Type	Unit Size
VP214	Healthy Woman	OAD	Tablets	30's



## Glucosamine & Vitamin C

A specially formulated food supplement with Glucosamine and Vitamin C; providing a high dose of Glucosamine Sulphate 2KCL. Vitamin C contributes to normal collagen formation for the normal function of cartilage.

Code	Product	Type	Unit Size
VP242	Glucosamine & Vitamin C	Tablets	30's



## Co-Q10

A specially formulated food supplement providing 30mg of Co-Enzyme Q10 per tablet. Co-Q10 is a vitamin-like nutrient that is produced in small amounts within the body but production reduces over time. Suitable for vegetarians.

Code	Product	Type	Unit Size
VP177	Co-Q10	Tablets	30's



## Menstrual Cycle

A vitamin and mineral food supplement to help support vitality and wellbeing throughout the Menstrual cycle. With nutrients that contribute to red blood cell formation (Riboflavin, Vitamin B12 and Iron) and normal functioning of the nervous system (Thiamin, Vitamin B6 and Magnesium). Suitable for vegetarians.

Code	Product	Type	Unit Size
VP191	Menstrual Cycle	Tablets	30's



## Immune System

Designed in tablet form to provide a wide range of vitamins and minerals including vitamins A, D, C, B6 and B12 along with Folic Acid, Iron, Selenium and Zinc that contribute to normal immune system function. Also provides Vitamin E, Riboflavin and Copper to help protect cells from oxidative stress. Suitable for vegetarians.

Code	Product	Type	Unit Size
VP153	Vitamin C	Tablets	30's



## Menopause

A vitamin and mineral food supplement to help support vitality and wellbeing during the Menopause. With nutrients that contribute to the maintenance of normal bones (Vitamin D and Calcium), heart function (Thiamin), muscle function (Magnesium) and energy metabolism (B Vitamins). Suitable for vegetarians.

Code	Product	Type	Unit Size
VP184	Vitamin B+C	Tablets	30's

## Omega-3 Fish Oil

A food supplement providing the important fatty acids Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA). EPA and DHA contribute to the normal function of the heart (beneficial effect obtained with a daily intake of 250mg EPA and DHA). DHA also contributes to the maintenance of normal brain function and normal vision (beneficial effect obtained with a daily intake of 250mg DHA).

Code	Product	Type	Unit Size
VP160	omega-3-fish-oil	Capsules	30's



## Pregnancy

Ideal for pre-pregnancy and gestational health. Each tablet contains Vitamin D, E, C, K, B6 and B12 as well as Folic Acid (essential in pre-conception and early pregnancy for maternal tissue growth). Suitable for vegetarians.

Code	Product	Type	Unit Size
VP207	Pregnancy	Tablets	30's



## Healthy Man

A food supplement with a unique multi-vitamin and micro-nutrient blend providing ingredients specifically selected to complement each other and help maintain health and vitality in men of all ages. With nutrients to help support normal immune function (Vitamin C), energy metabolism (B Vitamins), heart function (Thiamin) and fertility (Zinc). Suitable for vegetarians.

Code	Product	Type	Unit Size
VP139	Healthy Man	Tablets	30's



## Hair, Nails & Skin

A nutri-cosmetic supplement providing vitamins and minerals that contribute to the maintenance of normal hair (Biotin, Selenium, Zinc), nails (Selenium, Zinc) and skin (Vitamin A, Vitamin C, Biotin, Riboflavin, Niacin).

Code	Product	Type	Unit Size
VP122	Hair, Nails & Skin	Tablets	30's



## Ultraforce

Each tablet provides:	Amount per serving	Each tablet provides:	Amount per serving
L-arginine	1700mg	Long jack root	300mg
Maca root	1500mg	Pine bark extract	120mg
Fenugreek seed extract	600mg	Folic Acid	200µg
Saw palmetto berry extract	320mg	Biotin	1000µg

\*Nutrient Reference Value

### Other Ingredients:

Modified cellulose, whey, vegetable stearates, silica, Polyvinyl alcohol, titanium dioxide, polyethylene glycol, talc.

### Food Supplement Suggested Use:

As a dietary supplement, adult men take three (3) tablets daily, one with each meal, or as recommended by a physician.

### Caution:

Not for use by individuals under the age of 18 years.  
Do not exceed the recommended intake. This supplement should not be used as a substitute for a balanced and varied diet and healthy life style.  
Store at room temperature below 25°C in a dry place.  
Keep out of the sight and reach of children.



## ANZYVAL

Each capsule provides:	Amount per serving
Lactospore® Bacillus coagulans Fructooligosaccharides	360 Million CFU

\*Nutrient Reference Value

### Other Ingredients:

Rice flour, gelatin, vegetable stearate, silica.

### Food Supplement Suggested Use:

As a dietary supplement, adults take one (1) capsule daily preferably with a meal or as recommended by a physician.

Do not exceed the recommended intake. This supplement should not be used as a substitute for a balanced and varied diet and healthy life style.  
Store at room temperature below 25°C in a dry place.  
Keep out of the sight and reach of children.

## DHEA-50mg

Each tablet provides:	Amount per serving
Vitamin C (as sodium ascorbate)	25mg
Calcium (as dicalcium phosphate)	90mg
Phosphorus (as dicalcium phosphate)	70mg
DHEA (dehydroepiandrosterone)	50mg

\*Nutrient Reference Value

### Other Ingredients:

Maltodextrin, gelatin, magnesium stearate.

### Food supplement suggested use:

As a dietary supplement, adults take one (1) capsule daily preferably with a meal or as recommended by a physician.

Help in Enhance Fertility.

Seek doctor advice before using this product & when lactating.

Only prescribed by a doctor.

### Caution:

Not for use by individuals under the age of 18 years.  
Do not exceed the recommended intake. This supplement should not be used as a substitute for a balanced and varied diet and healthy life style.  
Store at room temperature below 25°C in a dry place.  
Keep out of the sight and reach of children.



## DHEA-25mg

Each tablet provides: Amount per serving

Vitamin C (as sodium ascorbate)	25mg
Calcium (as dicalcium phosphate)	105mg
Phosphorus (as dicalcium phosphate)	80mg
DHEA (dehydroepiandrosterone)	25mg

\*Nutrient Reference Value

Other Ingredients:

Maltodextrin, gelatin, magnesium stearate.

Food Supplement Suggested Use:

As a dietary supplement, adults take one capsule daily preferably with a meal or as recommended by a physician.

Help in Enhance Fertility.

Seek doctor advice before using this product & when lactating.

Only prescribed by a doctor.

Caution:

Not for use by individuals under the age of 18 years.

Do not exceed the recommended intake. This supplement should not be used as a substitute for a balanced and varied diet and healthy life style.

Store at room temperature below 25°C in a dry place.

Keep out of the sight and reach of children.



## DLY 60

Unique natural oils formula for active men, helps to maintain freshness, hygiene and odor of male intimate area. Mild and naturally perfumed advanced herbal gel formula to help push your confidence level.

Ingredients:

Water, Glycerin, Polyacrylamide (and) C isoparaffin (and) Laureth-7, Chamomile (Anthemis Nobilis) Flower Extract, Rosmary (Rosmarinus Officinalis) extract, Fragrance, tea tree (Melaleuca Alternifolia) oil, Jasmine (Jasmine Officinale) Extract, Thyme (Thymus Vulgaris) oil, Methylchloroisothiazolinone (and) Methylisothiazolinone



## Valupak Face Mask

Single-use medical masks with flexible and comfortable rubber for the ears and an inner plastic piece for easy fixation on the nose





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Care



Energize  
Care



Relax  
& Sleep



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