



ANNIQUE
rooibos

SO

optivite

multivitamin

FOREVER
HEALTHY
BASELINE
NUTRITION

60 HARDGEL CAPSULES

OPTIMUM BALANCE BETWEEN
HERBAL
ROOIBOS
SCIENCE
• TRUSTED SINCE 1971 •
SCIENCE AND NATURE

SUPPLEMENT INFORMATION		
Ingredients per capsule	Quantity	% NRV
Vitamin A	188 µg RE	21
Beta Carotene 10%	1.125 mg	21
Providing Vitamin A activity	188 µg RE	833
Vitamin B1	10 mg	769
Vitamin B2	10 mg	67
Vitamin E	10 mg α-TE	78
Vitamin B3	12.5 mg	250
Vitamin B5	12.5 mg	735
Vitamin B6	12.5 mg	104
Vitamin B12	2.5 µg	8
Vitamin D3	1.25 µg	25
Calcium Ascorbate	25 mg	42
Biotin	12.5 µg	6
Folic Acid	25 µg	1
Calcium	11.4 mg	143
Chromium	50 µg	55
Copper	0.5 mg	28
Iron	5 mg	1
Magnesium	5 mg	54
Manganese	1.25 mg	22
Molybdenum	10 µg	23
Selenium	12.5 µg	46
Zinc	5 mg	*
Green Rooibos extract	12.5 mg	

Inactive Ingredients: Calcium Phosphate, Magnesium Stearate, Gelatin (bovine).

*NRV not established (NRV = Nutrient Reference Values for individuals 4 years and older). This product is free of sugar, yeast, dairy, flavourants and preservatives.
Adult dosage: 1 capsule per day or as recommended by your healthcare practitioner. Keep out of reach of children and store below 25°C. Safety for use during pregnancy and lactation has not been established.
 This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.
Complementary Medicine : Health Supplement