

65+ Multivitamin Formula

A multivitamin and mineral formula specifically formulated for the needs of those aged 65 and over, with added digestive enzymes and betaine HCl. As we age, we become more at risk of developing degenerative diseases as changes in our gastrointestinal tract can reduce the absorption of the level of nutrients required. This supplement provides amylase, lactase, lipase, and protease enzymes to help promote a healthy and well-balanced environment for digestion to take place with optimum efficiency.

B vitamins (B1, B2, B3, B5, B6 & B12) along with biotin, folic acid and choline all provide a vital role in maintaining good health and well-being. Together they contribute to the reduction of tiredness and fatigue, to normal psychological function and mental performance, energy-yielding metabolism, the regulation of hormonal activity, the functioning of the immune and nervous systems and the maintenance of normal skin, vision and red blood cells.

The vegan vitamin D in this supplement contributes to the maintenance of normal bones, teeth, muscle function and immune function, and is supported in this function by the addition of Vitamin A, Vitamin C and Zinc. Vitamin D helps to reduce the risk of falling associated with postural instability and muscle weakness, which is particularly a risk factor for bone fractures among men and women 60 years of age and older. Vitamin K2 further contributes to the maintenance of normal bones, whilst selenium contributes to the normal thyroid function.

Contains 100% active ingredients, formulated by expert nutritionists with no artificial fillers and no nasties. Sourced according to Viridian's strict ethical criteria including no animal testing, GMO or palm oil.

Key Features:

- Contains all 8 essential B vitamins
- Contributes to the reduction of tiredness and fatigue
- Vitamin D, C, K and zinc all contribute to the maintenance of normal bones
- Vitamin A contributes to the maintenance of normal vision



Nutritional Information: two capsules provide:

Ingredient	Weight	% NRV
Vitamin C (Calcium ascorbate)	160mg	200
Digestive enzyme blend providing: Amylase (27,000 µ/g) Protease (140 CP µ/g) Lactase (65,000 units/g) Lipase (10,000 FIP/g)	130mg	
Betaine HCl	100mg	
Iron (bisglycinate)	7mg	50
Co-enzyme Q10	50mg	
Alpha lipoic acid	50mg	

Vitamin B1 (Thiamine HCl)	50mg	4546
Vitamin B5 (D-Ca pantothenic acid)	50mg	833
Vitamin B3 (Niacinamide)	40mg	250
Zinc (citrate)	10mg	100
Vitamin B6 (Pyridoxine HCl)	20mg	1429
Selenium	40µg	73
Vitamin B2 (Riboflavin)	10mg	714
Citrus bioflavonoids	10mg	
Vitamin E (D-alpha tocopherol) (24IU)	11mg	61
Vitamin A (Retinyl acetate) (2660IU)	800µg	100
Chromium (picolinate)	40µg	100
Folic acid	200µg	100
Vitamin B12 (Deoxyadenosylcobalamin and Methylcobalamin)	100µg	4000
Biotin	100µg	200
Vitamin D3 (Cholecalciferol)(600IU)	15µg	300
Vitamin K2 (Menaquinone)(MK-7)	15µg	20
Plant cellulose capsule		

Directions: take two capsules daily with food, or as directed by your healthcare practitioner.

Ordering Information:

Code	Size	Description	Barcode
108	60	65+ Multivitamin Formula Veg Caps	5060003591085

In stock and available to order. Call 01327 878050
or email info@viridian-nutrition.com