

# High Five Multivitamin

One-a-day best-selling multivitamin and mineral from Viridian Nutrition.

The 'High Five' refers to the higher level of Vitamin B5 (pantothenic acid) found in this formula. Vitamin B5 contributes to normal mental performance and a reduction in tiredness and fatigue. Vitamin B5 also contributes to the normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters.

This supplement also features buffered vitamin C, vegan vitamin D, natural source carotenoids, balanced B-complex, fully-reacted chelated minerals including selenium, chromium, iron and zinc. Selenium contributes to normal maintenance of hair and nails, the normal function of the immune system, normal thyroid function and for the protection of cells from oxidative stress. This 'oxidative stress' appears to be a major factor in many human diseases. Chromium contributes to the maintenance of normal blood glucose levels.

This formula contains iron bisglycinate, a form of iron that is gentle on the digestive system. Iron contributes to the reduction of tiredness and fatigue and contributes to normal cognitive function. It is also essential for the healthy production of haemoglobin and red blood cells. Zinc is a mineral essential to many body processes including the maintenance of normal cognitive function, vision, fertility and reproduction, hair, skin and nails and the immune system. Zinc also contributes to the normal metabolism of fatty acids and macronutrients.

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:

- High levels of vitamin B5 contribute to a reduction of tiredness and fatigue
- Vegan vitamin D for bone health
- Vitamin C contributes to normal immunity
- Copper-free formula



Boost your energy

## Nutritional Information: one capsule provides:

Ingredient	Weight	% NRV
Vitamin B5 (D-Ca pantothenic acid)	150mg	2500
Vitamin C (Magnesium ascorbate)	100mg	125
Beta carotene ( <i>Dunaliella salina</i> ) (Equivalent to Vitamin A 833µg)	5mg	104
Vitamin B3 (Niacinamide)	50mg	312
Iodine	25µg	17
Calcium (citrate)	10mg	1
Magnesium (citrate and ascorbate)	12mg	3
Vitamin B6 (Pyridoxine HCl)	20mg	1429
Vitamin B1 (Thiamine HCl)	25mg	2273
Vitamin B2 (Riboflavin)	25mg	1786
Grape ( <i>Vitis vinifera</i> ) seed extract (95% Proanthocyanidin)	20mg	

Zinc (citrate)	5mg	50
Selenium	50µg	91
Potassium (citrate)	2mg	0.1
Choline (bitartrate)	2mg	
Inositol	5mg	
Iron (bisglycinate)	1mg	7
Boron	500µg	
Vitamin D3 (Cholecalciferol) (400IU)	10µg	200
Folic acid	200µg	100
Chromium (picolinate)	50µg	125
Vitamin B12 (Deoxyadenosylcobalamin and Methylcobalamin)	50µg	2000
Biotin	50µg	100
In a base of Alfalfa, Spirulina and Bilberry		
Plant cellulose capsule		

**Directions:** take one capsule daily with food, or as directed by your healthcare practitioner.

## Ordering Information:

Code	Size	Description	Barcode
114	7	High Five Multivitamin Veg Caps	5060003591146
110	30	High Five Multivitamin Veg Caps	5060003591108
111	60	High Five Multivitamin Veg Caps	5060003591115
112	90	High Five Multivitamin Veg Caps	5060003591122
113	120	High Five Multivitamin Veg Caps	5060003591139

In stock and available to order. Call 01327 878050  
or email [info@viridian-nutrition.com](mailto:info@viridian-nutrition.com)